



# 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®

November 2020

### Cognition

Nutrients boost memory, mood, spatial awareness, and metabolism

#### GABA for memory, mood, and spatial awareness

In a world with an aging population, doctors wanted to find ways to prevent cognitive decline. In two separate, coordinated studies, each with 60 healthy adults over age 40, participants took a placebo or, in one study, 100 mg of gamma-aminobutyric acid (GABA), and in the second, 200 mg of GABA, per day.

After 12 weeks, compared to placebo and to the start of the study, those taking 100 mg of GABA could better identify and analyze space, visual forms within it, and the relationship between the two. Delayed memory—the ability to recall after a period of time—also improved. In addition to these benefits, the 200 mg group saw improvements in non-verbal reasoning, which is the capacity to understand music and math, and to identify objects through touch.

Quality of life also improved in both GABA groups, including better physical function, self-reported vitality, and feelings of mental well-being. In addition, those taking 200 mg of GABA had increased levels of insulin-like growth factor (IGF-1), which enters the brain, activating brain function, and which doctors believe may be GABA's mechanism of action.



#### Blueberry for cognition, metabolism

In a first-of-its-kind study, 35 men and women, slightly underweight to obese, but otherwise healthy, drank a beverage containing 25 grams of freeze-dried whole wild blueberry powder, equal to one cup of fresh blueberries, or a placebo beverage, along with a breakfast meal.

After this single dose at breakfast, doctors tested learning, memory, reaction time, and the ability to maintain attention while being challenged by stressful distractions. All of these functions improved compared to placebo up to eight hours later.

In addition, two hours after the meal, those taking blueberry had lower glucose and insulin levels than placebo, which doctors said could help people looking to control blood sugar and metabolism after meals.

REFERENCE: JAPANESE PHARMACOLOGY AND THERAPEUTICS; 2020, VOL. 48, NO. 3, 461-74

NOVEMBER'S

### Healthy Insight Chocolate Hearts

Earlier chocolate studies found a benefit for blood pressure and vessels. Here, doctors were interested specifically in coronary arteries. Reviewing six studies covering 336,289 participants over an average nine years of follow-up, those eating chocolate more than once a week were 8 percent less likely to develop coronary artery disease than those eating chocolate less often.

“Chocolate contains flavonoids, methylxanthines, polyphenols, and stearic acid,” doctors said, all of which may reduce inflammation and increase good cholesterol. Moderate amounts appear to be protective, and people—particularly diabetics—should also consider calories, fat, and sugar in commercial products.

REFERENCE: EUROPEAN JOURNAL OF PREVENTIVE CARDIOLOGY; JULY, 2020, 10.1177/2047487320936787

### This Issue

PROBIOTICS AND SELENIUM IMPROVED PERFORMANCE	2
VITAMIN E DELTA-TOCOTRIENOL, VITAMIN C, IMPROVED METABOLISM	2
VITAMIN B3 BENEFICIAL IN GLAUCOMA, AND VITAMIN D, CALCIUM IN VERTIGO	3
EARLY-STAGE DISCOVERIES IN NUTRITION	3
LOW-CARB CHUNKY CHOCOLATE COOKIES	4

# Physical Health

## Probiotics and selenium improved performance

### **L. plantarum for triathlete endurance**

In an earlier study by these doctors, the probiotic *L. plantarum* reduced inflammation and oxidative stress, improving athletic performance. Here, they wanted to understand how *L. plantarum* might help maintain healthy gut microbiota under the stress of a triathlon. Twenty triathletes, with a minimum five years of training, took a placebo or *L. plantarum* at 30 billion colony-forming units per day, along with their regular exercise program.

After four weeks, those taking *L. plantarum* saw running endurance increase 130 percent compared to placebo. In addition, doctors measured beneficial changes in gut microbiota, including increases in good bacteria, and

decreases in unfavorable strains, in those taking *L. plantarum* probiotics.

### **Selenium for mature muscle & bone**

Having good selenium levels can help maintain aging muscle and bone. In this study of 791 men and women, aged at least 85, more than half were low, consuming less than 40 mcg of selenium per day, while only 14 percent got the adequate 75 mcg amount.

Women, at 73 percent, were much more likely than men, at 27 percent, to be low in selenium. In a test of hand-grip strength, those low in selenium of either sex on average exerted six pounds less pressure compared to those with good selenium levels. In a second test of the time it takes to get up and walk

from a seated position, the low-selenium group took an average 2.3 seconds longer compared to those with higher selenium levels.

REFERENCE: NUTRIENTS; 2020, VOL. 12, NO. 8, 2315



# Metabolism

## Vitamin E delta-tocotrienol and vitamin C improved metabolism

### **Delta-tocotrienol vitamin E improved NAFLD**

When fat builds up in the liver for reasons other than alcohol, such as obesity, it is called non-alcoholic fatty liver disease (NAFLD). In this study, 71 people with NAFLD took a placebo or 300 mg of delta-tocotrienol twice per day.



After 24 weeks, while the placebo group had not significantly improved, those taking delta-tocotrienol saw a 15 percent decrease in both fatty liver index scores and insulin resistance. A hormone, adiponectin, which helps regulate glucose levels, increased 44 percent, while another pro-inflammatory hormone, leptin, decreased 18 percent.

Body mass index scores decreased by an average of 2.4 in the delta-tocotrienol group, and waist circumference shrank by an average 1.1 inches. Doctors concluded delta-tocotrienol may be an effective therapy for treating NAFLD.

### **Vitamin C may prevent metabolic syndrome**

Inflammation and oxidative stress are two factors in metabolic syndrome

(MetS) that can trigger each other. In this review of 26 vitamin C human trials, doctors found consistent evidence the powerful antioxidant may help prevent MetS.

In one study of 22,671 adults, those with MetS consumed an average of 7 percent less vitamin C per day, while those with high vitamin C diets had smaller waist sizes and lower triglycerides.

In another study, those who regularly consumed 100-percent fruit juice drinks had lower body-mass index (BMI) scores, lower fasting and long-term average glucose levels, and smaller waist sizes. Four other studies linked higher vitamin C levels to lower BMI scores, lower blood pressure, and reduced chances for MetS.

REFERENCE: COMPLEMENTARY THERAPIES IN MEDICINE; AUGUST, 2020, 102494

# Vision & Balance

## Nutrients beneficial in glaucoma and vertigo

### Vitamin B3 improved vision in glaucoma

In the back of the eye, the retina contains millions of optic nerve cells that send light images to the brain, allowing us to see. One type of optic nerve cell, the retinal ganglion, is particularly vulnerable to damage from increased fluid pressure in the front of the eye, a hallmark of glaucoma.

Earlier studies found vitamin B3 (nicotinamide) is low in those with glaucoma, and also that it helps protect optic nerve function, but there were no prior glaucoma studies on B3.

In this study, 57 people with glaucoma on regular medical treatments took a placebo or 3 grams of vitamin B3 per day. After 12 weeks, visual function of the retinal ganglion cells had improved significantly for the B3 group.

Discussing the findings, doctors said, “For the first time, we have shown that daily high doses of B3 can lead to early and significant improvement in those lowering eye pressure through traditional glaucoma treatments.”

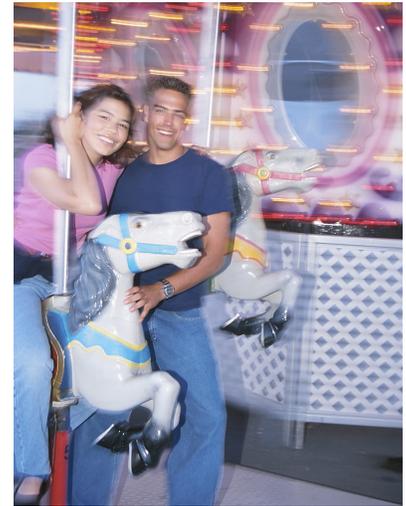
### Vitamin D, calcium reduce vertigo

A sudden change in head position can give a sense of spinning, a condition called benign paroxysmal positional vertigo (BPPV). The cause is calcium carbonate crystals, normally embedded in gel in the inner ear, breaking loose and migrating to the semicircular ear canals.

In this study, about half of 1,030 people with BPPV took 400 IU of vitamin D plus 500 mg of calcium carbonate per day, while the other half

took no supplements. Compared to this group, after one year, those taking D with calcium saw BPPV recur 24 percent fewer times per year.

**REFERENCE:** CLINICAL & EXPERIMENTAL OPHTHALMOLOGY; 2020, 10.1111/ceo.13818



NOVEMBER'S

## Ahead of the Curve

### Early-Stage Discoveries: Oat and Rye Bran, Quercetin, Probiotics

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

#### Oat and rye bran benefit gut microbiota

Dietary fiber from whole grains has many metabolic benefits. In the lab, doctors gave mice a high-fat diet with 10 percent of calories from either oat or rye bran. After 17 weeks, both oat and rye created a more favorable microbiome, with oat increasing the beneficial bacteria lactobacillus genera, and rye increasing bifidobacterium genera. Both oat and rye modified bile acid leading to better cholesterol metabolism. Also, both increased beneficial short-chain fatty acids, decreased liver inflammation, and slowed weight gain.

#### Quercetin for brain and heart

One of the most basic cell functions—its potential to rest or activate—is controlled by what is called the potassium ion channel. Doctors have discovered a nutrient in pickled capers, quercetin, activates this potassium ion channel, directly regulating proteins required for bodily functions including heartbeat, muscle contraction, thyroid, pancreas, digestion, and thought. Quercetin modulates how these channels sense electrical activity in each cell, suggesting a new mechanism with therapeutic potential that may extend to other quercetin-rich foods.

#### L. plantarum reduces oral bacteria

Acids from foods and beverages can begin breaking down tooth enamel, eventually leading to tooth decay. One of the major cavity-causing microbes is Streptococcus mutans. Here, doctors extracted 54 strains of lactobacilli from 14 types of Sichuan pickles. In the lab, doctors gave half of a group of rats infected with S. mutans one of the lactobacillus strains: L. plantarum K41. After 35 days, the L. plantarum group had 25 percent fewer cavities, and S. mutans had declined by 98.4 percent.

**REFERENCE:** MOLECULAR NUTRITION & FOOD RESEARCH; JUNE, 2020, 201900580

## Low-Carb Chunky Chocolate Cookies

While you enjoy these satisfying cookies, please see page 1 for a new study that revealed eating a moderate amount of chocolate reduced inflammation and chances for heart problems.

Prep time: 5 minutes    Cook time: 12 minutes    Serves 12

### Ingredients:

1 egg, slightly beaten	1/4 c coconut flour
1 tsp vanilla extract	1/2 tsp baking soda
1/4 c coconut oil, melted and cooled	3 oz dark chocolate (80%), coarsely chopped
1/2 c coconut sugar	Coarse sea salt
1 c almond flour	

**Directions:** Preheat oven to 350 degrees F. In a large bowl add beaten egg, melted and cooled coconut oil, coconut sugar, and vanilla extract. Mix dry ingredients except sea salt and add to wet ingredients; fold in the chocolate chunks. Use a cookie scoop or tablespoon to drop dough onto ungreased baking sheet. Flatten dough gently and bake for 11 to 13 minutes, or until edges are slightly golden brown. Sprinkle lightly with coarse sea salt and allow to cool for 10 minutes before transferring to a wire rack to finish cooling. Enjoy!

## 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    ©2020 RI