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Natural Insights for Well Being®

June 2021

Healthy Women

Nutrients improve women's reproductive health

Vitamins D, B6, and EGCG reduce fibroids

Uterine fibroids (UF) tend to occur during childbearing years, and while they do not increase chances for uterine cancer, they can create discomfort and alter the menstrual cycle. Doctors don't know what causes UF but suspect hormonal changes play a role. UF contain more estrogen and progesterone receptors than normal uterine muscle cells, and tend to shrink after menopause, when hormones naturally decline. Recent studies have found low levels of vitamin D increase chances for UF.

In this study, 30 women with UF took no treatment or 1,000 IU of vitamin D, 150 mg of epigallocatechin gallate (EGCG), and 5 mg of vitamin B6, twice per day.

After four months, total UF volume decreased 34.7 percent in those taking the nutrient combination, while UF volume increased 6.9 percent in the non-treatment group. Women taking the nutrients also reported less severe symptoms including more normal menstrual cycle, less pelvic pressure and pain, less frequent urination, constipation, and back or leg pain.

Curcumin improves blood sugar in PCOS

Polycystic ovary syndrome (PCOS)



is named for one of its symptoms: cysts that develop on the ovaries. Characteristics include higher-than-normal levels of male hormones, and PCOS is the most common hormonal disorder in women of childbearing age. About half of women with PCOS develop metabolic syndrome and insulin resistance, raising chances for type 2 diabetes.

This review of three studies covered 168 women with PCOS, aged 27 to 31, who took a placebo or 500 to 1,500 mg of curcumin per day, for six to 12 weeks.

Overall, compared to placebo, women who took curcumin had significantly greater improvement in fasting glucose and insulin levels, less insulin resistance, and greater insulin sensitivity. The curcumin group also saw decreases in total cholesterol with increases in HDL, the good cholesterol.

REFERENCE: EUROPEAN REVIEW FOR MEDICAL AND PHARMACOLOGICAL SCIENCES; 2020, VOL. 24, NO. 6, 3344-51

JUNE'S

Healthy Insight Whole Grains— Healthy Pancreas

The pancreas gland makes digestive enzymes and hormones that control blood sugar levels. In this study, doctors measured the diets of 55,995 men and women, aged 50 to 64, and followed up for 17.5 years.

Overall, when whole grains in the diet reached 50 grams per day, chances of developing pancreatic cancer decreased by 7 percent compared to those who got no more than 16 grams of whole grains per day.

Discussing the findings, doctors said that the whole-grain pancreatic benefit appeared when dietary levels reached 50 grams per day, and were not linked to any single product or cereal.

REFERENCE: THE JOURNAL OF NUTRITION, VOL. 151, NO. 3, MARCH 2021, 666-74

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Lifelong Immunity

Vitamins C, E and probiotics boost immunity

Vitamins C and E increase immune cell function

Could vitamins C and E be the fountain of youth? In this study, doctors took blood samples of several types of immune white blood cells (WBC) in 22 older men and women who took 500 mg of vitamin C with or without 298 IU of vitamin E. Doctors then compared WBC in 30 younger men and women, average age 35, who didn't take the supplements.

After three months, in both the vitamin C and C-plus-E groups, the function of WBC that heal tissue damage and resolve infection—called neutrophils—improved nearly to the level of the younger adults. A second type of WBC—lymphocytes—also had greater function, creating a similar level of natural immune killer T-cell

activity as the younger group. Levels of free radicals—which cause oxidative damage—were lower with vitamin C, and lower yet with C plus E. Six months and after the end of the study, free radical levels were still lower than before the study.

Probiotics improve lung immune function in kids

Young children are often susceptible to upper respiratory infection—the common cold. In this study, doctors gave 21 healthy children, aged 13 to 36 months, lactobacillus acidophilus plus bifidobacterium animalis at five-billion colony-forming units per day.

Before the study, and after 30 days, doctors took blood samples of a type of immune cell that is particularly susceptible to viral infection, and

exposed the cells to a respiratory virus-like molecule. After probiotics, the immune response of these cells was more balanced and significantly less inflammatory than before.

REFERENCE: EXPERIMENTAL GERONTOLOGY; 2020, VOL. 142, 111118



Breathe!

Nutrients reduce colds, flu, and boost lung function

Elderberry for cold and flu

This review of five studies covered 936 participants, aged five to 70 years, who exhibited cold, flu, and flu-like symptoms, and who took a placebo or any one of several forms of elderberry, including liquid extract, lozenges, and

hot beverages, at doses of 175 to 240 mg, up to five times per day, for four to 10 days at the onset of symptoms.

All studies reported elderberry reduced severity of symptoms, including fever, head and muscle ache, nasal congestion, mucus discharge, and cough; and up to a 50 percent decrease in duration of symptoms compared to placebo.

Fiber, vitamins A, B1, B6, C, and folic acid aid lung function

Long-term exposure to airborne irritants like gases from cigarette smoke and pollution can obstruct airflow from the lungs, leading to several conditions including emphysema and bronchitis, together considered chronic obstructive pulmonary disease (COPD). Doctors in

this study hypothesized that diet could improve airflow.

To measure diet, at the start of the study, and during the five-year follow-up, trained dietitians administered a 117-question survey to 1,439 men and women, average age 53, with normal airflow. Some had never smoked, others were current or former smokers.

After five years, those that developed an airflow limitation were more likely to be older, male, and have a history of smoking. Compared to healthy participants, men and women with limited airflow had reduced the amounts of fiber, vitamins A, B1, B6, C, and folic acid in the diet compared to those with healthy airflow.

REFERENCE: ADVANCES IN INTEGRATIVE MEDICINE; 2020, VOL. 7, No. 4, 240-6



Mind & Body

Nutrients help control weight, boost quality of life

Garcinia cambogia and glucomannan reduce weight, improve body composition

In an effort to find effective treatments for overweight and obesity, doctors looked to Southeast Asia for the flowering plant, garcinia cambogia



(GC), and a natural fiber supplement, glucomannan (GNN). This study covered 136 adults aged at least 18, with a body-mass index score greater than 25, who had type 2 diabetes, unbalanced lipids, and/or high blood pressure.

Participants took 500 mg each of GC and GNN, twice per day. Doctors prescribed a Mediterranean-type diet, and encouraged participants to drink lots of water. Beginning at three months, and continuing through six months, GC and GNN reduced weight, abdominal fat, and fat mass, and increased the basic metabolic rate. Triglycerides, glucose, and cholesterol levels also improved.

Plant-based polyphenols improve physical, mental health

Being overweight and obese affects the quality of life, which

antioxidant polyphenols abundant in a Mediterranean-type diet may be able to improve. In this study, 72 overweight and obese people took a placebo or 900 mg of a botanically sourced polyphenol-rich supplement containing 15 percent flavonoids, 16 mg of vitamin B3, and 45 mg of caffeine per day.

After 16 weeks, while there were no significant improvements for placebo, those taking polyphenols lost an average of 2.4 pounds, most of which was fat mass located in the abdominal area. The polyphenol group also reported an 11.2 percent improvement in physical health, and a 4.1 percent increase in mental health, with less pain, greater physical activity, and a sense of vitality contributing most to these benefits.

REFERENCE: JOURNAL OF HERBAL MEDICINE; 2021, VOL. 26, 100424

Oral Health

Nutrients help ensure healthy teeth and gums

What is gingivitis?

Gingivitis begins with red, swollen gums that bleed easily, and is reversible with treatment and good home care. Doctors also believe diet is an important factor.

Micronutrients preserve periodontal health

In this study, doctors collected diet information from 450 participants, average age 50, who also had an oral exam. Most were obese, with an average body-mass index score of 28.5, and two in three were sedentary.

Overall, 67 percent of participants had at least one periodontal pocket—a gap between tooth and gum—of at least 4 mm. Those with the most severe cases

tended to be older, female, smokers, with a chronic disease such as diabetes or high blood pressure, and a lower level of education. In this group, doctors found lower levels of omega-3s, fiber, vitamins C, K, copper, and zinc.

Those in the healthiest group tended to be younger, without a chronic disease, and a higher level of education. Levels of omega-3, fiber, calcium, retinol, riboflavin, and zinc were higher.

Aged garlic slows periodontitis

In this study, 182 participants, aged 20 to 60, took a placebo or 1,200 mg of Kyolic® aged garlic extract in the morning and afternoon. At the start of the study, and at 12 and 18 months, all participants had a dental exam.

At 12 months, receding gums and

pocket depth—the deepest gap between the tooth and gum—had improved by 42 percent for those taking aged garlic extract compared to 18 percent for placebo, with these benefits continuing through 18 months.

REFERENCE: NUTRIENTS; 2021, VOL. 13, No. 3, 973



4-Grain Pilaf

While you are enjoying this full-flavored dish, please see page 1 for a new study that found those who got more whole grains in their diets were less likely to develop pancreatic cancer.

Prep time: 8 minutes Cook time: 30-40 minutes Serves: 8-10

Ingredients:

1 tbsp organic extra-virgin olive oil
1/2 c organic onion, chopped
1/4 c organic quinoa, soaked and drained
1/4 c organic barley
1/2 c organic bulgur
1 c organic brown rice
4 – 4 1/2 c organic low sodium vegetable
or chicken broth
1/2 tsp fresh ground pepper
1/2 c fresh spinach, chopped



Directions: Sauté onion in oil in a large saucepan. Add dry grains and sauté until lightly toasted. Add broth and pepper, increase heat and bring to a boil. Cover, reduce heat and simmer 30-40 minutes until liquid is absorbed. Fluff with a fork, and stir in freshly chopped spinach.

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.

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