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Natural Insights for Well Being®

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Women

Nutrients reduce anemia and low-weight births

NAD+ protects against anemia

Nicotinamide adenine dinucleotide (NAD+) protects against heart and circulatory conditions, and doctors have noted that anemia is a factor in these conditions. In this study, doctors measured NAD+ levels in 727 women, average age 43 years.

Overall, women with the lowest levels of NAD+ were more than seven times as likely to have anemia compared to women with the highest levels: less than 27.6 micrometers compared to at least 34.5 micrometers of NAD+; or 19.7 percent anemic vs. 2.7 percent, respectively.

Doctors used hemoglobin—red blood cells—as the measure of anemia, with the low-NAD+ group scoring at or below 130.1 grams per liter of blood (g/L), and the high-NAD+ group scoring at or above 139.8 g/L. The study revealed two types of anemia: small red blood cells, and too few red blood cells, both of which declined as NAD+ levels increased.

Multivitamin-mineral reduced low-weight births

About one in every six children worldwide is born weighing less than 5 lb. 8 oz. This six-year study followed 96,341 Botswanan women, 22 percent with HIV, who began taking nutritional supplements before the 24th week of



pregnancy. One group took iron alone, another took folic acid alone, a third took these two together, and a fourth added a multivitamin-mineral. The multi-nutrient included vitamins A, C, D, E, B1, B2, B3, B6 and B12, plus copper, iodine, selenium, and zinc.

Overall, low birth weights decreased from a high of 16.92 percent for folic acid alone, to 12.7 percent for iron alone, to 11.46 percent for folic acid plus iron. Women in the multivitamin-mineral group had 10.48 percent low-weight births, as well as fewer preterm births and caesarean deliveries compared to all other groups. Women with HIV had the greatest rate of improvement from folic acid alone through the combined multivitamin-mineral treatment.

REFERENCE: JOURNAL OF CELLULAR AND MOLECULAR MEDICINE; 2022, VOL. 26, NO. 9, 2698-705

NOVEMBER'S

Healthy Insight Fiber for Microbiome

People with more fiber in the diet had lower levels of antibiotic-resistant microbes (ARM) in the gut. Microbes that survive antibiotics are a growing problem for health care. In this study, among 290 healthy adults, those that got at least 8 to 10 grams of soluble fiber per day had fewer ARM in the gut compared to those who got less soluble fiber.

Participants with the highest levels of ARM also had significantly less diverse gut microbiomes compared to those who got more soluble fiber in the diet. Doctors hope health care dietary guidelines will begin to recommend soluble fiber to reduce ARM.

REFERENCE: ASM JOURNALS; 2022, VOL. 13, NO. 3, E0010122

This Issue

LUTEIN, ZEAXANTHIN, OMEGA-3, AND VITAMIN D PRESERVE EYE HEALTH	2
WHEY PROTEIN AND PROBIOTICS IMPROVED BODY FACTORS	2
NUTRIENTS BOOSTED EXERCISE PERFORMANCE AND RECOVERY	3
EARLY-STAGE DISCOVERIES IN NUTRITION	3
OAT & WHEAT BRAN BREAKFAST MUFFINS	4

Eye

Lutein, zeaxanthin, omega-3, and vitamin D preserve eye health

Lutein, zeaxanthin, and omega-3 reduce AMD

In 1992 through 2001, the first Age-Related Eye Disease Study (AREDS) tested if an antioxidant combination could reduce chances for age-related macular degeneration (AMD).

In a second phase begun in 2006 (AREDS2), doctors added macular carotenoids; 10 mg of lutein and 2 mg of zeaxanthin, plus omega-3 fish oil, to the original antioxidant formula, giving it to some participants while keeping others on the original formula.

In 2011, after five years of AREDS2 data, the lutein-zeaxanthin formula had reduced the progression of AMD by 26 percent compared to the original formula. Doctors then gave all participants the macular carotenoids. In 2016, those who had taken lutein-

zeaxanthin for the entire 10 years had an additional 20 percent lower chance of progressing to late-stage AMD.

Vitamin D reduces dry eye

The surface of the eye needs continuous lubrication, which comes from the regular flow of tears from tear ducts. Too few tears can dry the eye surface, cause discomfort, inflammation, and eventually damage the eye surface.

In this study, 100 people with dry eye and vitamin D deficiency—less than 20 nanograms per milliliter of blood—took artificial tears alone or with a daily vitamin D supplement.

After eight weeks, while the artificial tears only group had not improved, those who added vitamin D saw greater tear production, and more

time for tears to dry after a complete eye-blink—a test called “tear film break-up time.”

REFERENCE: JAMA OPHTHALMOLOGY; 2022, VOL. 140, NO. 7, 692-8



Metabolism

Why protein and probiotics improved body factors

What is metabolic syndrome?

Metabolic syndrome is a cluster of some or all of these symptoms: elevated blood pressure or sugar; excess abdominal fat; imbalanced cholesterol or triglycerides, with links to overweight and inactivity.



Why protein lowered blood sugar

In this study, 18 people with type 2 diabetes took a placebo beverage or one with a premixed 15 gram dose of whey protein, three times per day, 10 minutes before meals.

After seven days, while the placebo group had not changed, blood sugar levels reverted to normal for an additional two hours per day in those taking whey protein; an 8.3 percent increase in normal levels. Over 24 hours, blood sugar concentrations ran 0.6 micromoles per liter of blood lower for whey protein than placebo.

Probiotic reduced body fat

In this study, 100 overweight participants took a placebo or 20 billion

colony forming units of lactobacillus plantarum per day. By week six, the probiotics group had begun losing weight, and by 12 weeks, had lost an average 1.9 pounds of body weight, and 0.3 inches of waist circumference.

After 12 weeks, abdominal fat around the organs, known as visceral fat, had decreased by 1.86 square inches for probiotics, while the placebo group had not improved in any of these measures.

Insulin levels and insulin resistance decreased for probiotics, as did leptin, the hormone that regulates fat storage and controls hunger, meaning the probiotics group had become more sensitive to leptin. The placebo group increased in all these measures.

REFERENCE: BMJ OPEN DIABETES RESEARCH & CARE; 2022, VOL. 10, NO. 3

Muscle

Nutrients boosted performance and recovery

Royal jelly and CoQ10 improve exercise

In this first controlled study of royal jelly and exercise, 20 elite-level swimmers took a placebo or 400 mg of royal jelly plus 60 mg of CoQ10 per day. Participants took a high-intensity interval swimming exercise test before and after the 10-day treatment period.

Swimmers taking royal jelly and



CoQ10 completed the swimming test faster than placebo, and faster than before treatment. Using a standard swimming-performance scale developed by the International Swimming Federation, total performance scores increased to 623 from 594.6 for royal jelly-CoQ10 while moving to 588.6 from 588.2 for placebo.

Discussing the findings, doctors said royal jelly and CoQ10 contain medium-chain fatty acids, amino acids, proteins, flavonoids, and phenolic compounds that reduced oxidative stress and muscle damage through their enzymatic and antioxidant actions.

Quercetin eased muscle stiffness

After age 50, muscle mass and function begin a gradual annual

decline, with symptoms including chronic stiffness, in a condition called sarcopenia. In this study, 48 adult men and women, aged 50 to 74, took low-intensity resistance training along with a placebo, or 200 mg or 500 mg of quercetin per day. The exercise routine targeted the thigh muscles.

After 24 weeks, muscle mass and lean body mass were similar in all three groups, but stiffness in the thigh—the vastus lateralis, the largest muscle of the quadriceps—was significantly less for either dose of quercetin compared to placebo. Doctors concluded low-dose quercetin in low-intensity resistance training effectively reduces muscle stiffness.

REFERENCE: JISSN; 2022, VOL. 19, NO. 1, ARTICLE NO. 2086015

NOVEMBER'S

Ahead of the Curve

Early-Stage Discoveries: Hemp Hull, Yellow Pea Protein, Sumac

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

Hemp hull supports metabolic and liver health

In metabolic syndrome, obesity, and type 2 diabetes, excess fat often accumulates in the liver. A compound, N-trans-caffeoyltyramine (NCT), activates a central metabolic regulator which becomes impaired when fat levels in the bloodstream are high.

In the lab, mice on a high-fat diet had reduced weight gain, and less fat and inflammation in the liver after doctors introduced NCT into the diet. The mass of mitochondria—which generates cellular energy supply—increased significantly, and liver inflammation decreased.

Yellow pea protein is highly digestible

To find alternatives to animal proteins, doctors gave 15 volunteers test meals consisting of several portions of mashed potatoes containing yellow pea protein or casein.

Examining samples from the gut, blood, and urine several times during eight hours after the meal, doctors found a few of the individual amino acids in yellow pea protein were less digestible than casein, but that total protein digestibility in the final digestion phase in the small intestine, and overall protein utilization, were not different.

Sumac treats H. pylori gastritis

Sumac is a spice and anti-inflammatory medicinal herb common in the Middle East and Mediterranean. In the lab, doctors introduced sumac into human gastric cell cultures that were infected with H. pylori bacteria. H. pylori can cause ulcers and gastric cancer.

Doctors attributed the significant antibacterial and anti-inflammatory effect on the gastric cells to the carotenoid phytochemicals, polyphenols, flavonoids, and gallotannins in sumac, and said that sumac may be able to limit bacterial growth by acting directly on bacteria.

REFERENCE: CELL DEATH & DISEASE; 2022, VOL. 13, ARTICLE NO. 89

Oat & Wheat Bran Breakfast Muffins

While you enjoy these yummy muffins, please see Page 1 for a new study that found those who got more fiber in the diet had a better balanced microbiome, and lower levels of antibiotic-resistant microbes.

Prep time: 5 minutes Cook time: 22-24 minutes Serves: 12

Ingredients:

1 c organic whole wheat flour	1/4 c honey
1/4 tsp salt	3 tbsp butter or coconut oil
1 tsp baking soda	1 c buttermilk
2 tsp cinnamon	1 large egg
1/2 c unprocessed oat bran	1 tsp pure vanilla extract
1/2 c unprocessed wheat bran	1/2 c organic figs, chopped

Directions: Preheat oven to 350°F. Combine flour, salt, baking soda, and cinnamon, and mix well. Add bran and mix again. Melt butter and honey together over very low heat, let cool. In a large bowl, beat egg into buttermilk, add vanilla and honey/butter liquid and combine well with the dry mix. Fold in chopped figs. Divide batter equally into a 12-cup muffin pan prepared with parchment paper liners. No need to grease the pan. Bake for 22-24 minutes. Enjoy with your favorite spread and hot or cold beverage.

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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