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60th Anniversary Celebration
August 13th
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60 YEARS OF EMPOWERING HEALTH

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July 2015 HEALTH HOTLINE[®]

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EDAP = Estimated Daily Allowance

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 Organic Tri Colored or White Quinoa


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A Nutrient to Know About

Lutein

Did you know that the blue light from TV, smart phones, computers, and tablets can penetrate deep into the eye and damage the retina? Lutein is a carotenoid antioxidant that, along with zeaxanthin, makes up the macular pigment that helps absorb and filter blue light, protecting the macula—the part of the retina responsible for clear central vision—from damage.*

Nature's Life
Lutein 20 mg
\$19.99 100 softgels
 EDAP \$37.59





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1 focus on **EDUCATION**
nutrition

2 **HIGHEST** quality
STANDARDS

3 **EVERY DAY**
AFFORDABLE PRICING

4 supporting **LOCAL** communities

5 **GREAT EMPLOYEES**

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minimum 10%
post consumer
recycled fiber



Overfed and Undernourished

We have more food than ever available to us these days, but while we enjoy a surplus of food, we suffer from a deficit in nutrients. Highly refined and processed foods are partly to blame, but even fresh fruit and vegetables have suffered a loss of nutrient density—some nutrition experts say that modern-day produce has just a fraction of the nutrients compared to the produce that our grandparents ate as children. A change in the way our food is grown, produced, and processed has compromised nutritional quality, leaving us overfed and undernourished... and highlights the importance of smart dietary supplementation.



Where did all the nutrients go?

Breeding for high yield plants. Sure, plants produce a lot more these days, but along the way they've lost nutrient density. When plants are bred to grow faster and produce more, they devote less energy into developing deep root systems that absorb nutrients from the soil and have less time to accumulate nutrients. For example, high-yield tomatoes contain less vitamin C, beta carotene, and lycopene and high-yield broccoli contains less magnesium and calcium compared to their traditional counterparts.

Dead soil. Healthy soil is teeming with life—microbes, fungi, protozoa, nematodes, earthworms—all of which help break down and transform nutrients into forms that are easily taken up by the plant and prevent the nutrients from leaching out of the soil. But a reliance on chemical pesticides and fertilizers and a movement away from using manure, compost, and cover crops to replenish the soil has left large swaths of soil depleted of life, and important nutrients.



Reliance on artificial inputs. A reliance on artificial inputs, including fertilizers, pesticides, and even modern irrigation, has rendered plants lazy—they just don't have to work very hard to protect themselves because everything is artificially provided. In a natural setting, plants produce phytochemicals (those phytonutrients like polyphenols and anthocyanins that are so good for us) to provide protection from everything from insects to drought conditions, but an emphasis on high yields and fast production has taken away the need for these natural defenses, leaving plants less nutritious.



Food miles. These days much of our fresh produce comes from many miles away, often from other countries. No one wants to buy rotten or mushy produce, so fruit and vegetables are picked before they are ripe to "buy time," so to speak. Picking unripe produce means that it hasn't had time to develop those important phytochemicals or absorb other important nutrients. Case in point: Blackberries picked green contain 74 mg of health-promoting anthocyanins compared to 317 mg in ripe ones. These nutrients do not develop once the vegetables or fruit has been picked.

Many adults are getting less than the estimated average requirement for a number of important vitamins and minerals:

~30% don't get enough vitamin C



~40% don't get enough vitamin A



~50% don't get enough calcium



~60% don't get enough magnesium

~96% don't get enough vitamin E

Reference: Halweil, B. *The Organic Center*. "Still No Free Lunch: Nutrient levels in U.S. food supply eroded by pursuit of high yields." September 2007 <https://www.organic-center.org/reportfiles/YieldsReport.pdf>

BUT...

Don't give up the fruit and vegetables! Fresh produce is still one of the best ways to obtain important nutrients, and **ORGANIC** produce, which uses growing methods that promote healthy, fertile soils and eschews chemical inputs, is more nutrient dense compared to conventional produce. Moreover, a quality multi-mineral/multivitamin and a selection of supplements tailored to your individual needs will ensure that you are well fed *and* well nourished!

Country Life®

Realfood Organics
Aloe Vera
Plus



This aloe vera blend also contains ginger, peppermint, turmeric and burdock root to support gut health.*



Realfood Organics Aloe Vera Plus

\$12.99 32 oz.

EDAP \$13.99

SAVE \$1

Quality Supplements

from brands you can trust!

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Max For Vegans

Contains nutrients that are hard to obtain optimal amounts of with a vegan diet, including B12, iron and amino acids.*

\$14.59 120 vcap

EDAP \$18.99



Vegan K2 500 mcg Strawberry Melts

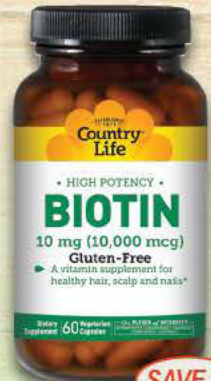
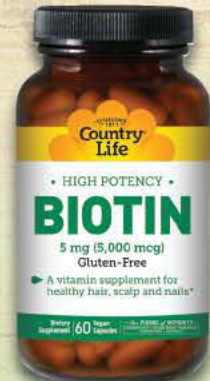
Because most food sources of vitamin K2 are animal-based, this important nutrient is often lacking in a vegan diet.*

\$15.49 60 melts

EDAP \$20.35

Country Life®

High Potency Biotin



SAVE \$3

7.39 5 mg

60 vcap

EDAP \$9.69

9.99 10 mg

60 vcap

EDAP \$12.99

Enzymatic Therapy®

AM/PM Menopause Formula

A two-part herbal blend to maintain energy throughout the day and to promote healthy sleep at night.*



AM/PM Menopause Formula

\$14.29 60 tab

EDAP \$15.99

Nature's Way®

Valerian Root

Looking for a better night's sleep? Look no further than valerian to support a normal sleep cycle.*



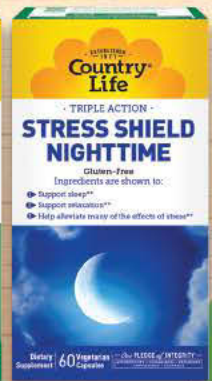
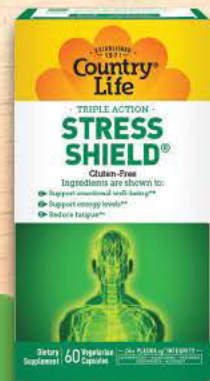
\$7.39 180 cap

EDAP \$10.15

Country Life®

Stress Shield

Equips your body with the necessary nutrients it needs to better handle stress.*



Stress Shield Nighttime

Stress can wreak havoc on sleep. This comprehensive blend supports healthy sleep patterns during times of stress.*

\$11.99 60 vcap

EDAP \$15.69

\$21.99 60 vcap

EDAP \$24.89

Nature's Way®

CLA-1300

Conjugated linoleic acid (CLA) is a fatty acid that helps maintain a healthy body weight.*



CLA-1300

\$17.89 90 soft

EDAP \$19.89

SAVE \$2

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

EfaGold Borage 1300 mg



An excellent source of the essential omega-3 fat gamma-linolenic acid (GLA).*

\$13.89 60 sg
EDAP \$15.39

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The omega-3 fat DHA is necessary for normal brain development and function.*

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Coconut Oil 1000 mg



Medium-chain fatty acids in coconut oil provide the body with a clean source of energy.*

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Alive! Calcium Gummies



A fun way to get your daily dose of this important mineral!*

\$7.99 60 gummies
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our regular EDAP prices on all products



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Rich in GLA, evening primrose oil supports women's health from menstruation through menopause.*



Evening Primrose Oil
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Flax oil contains alpha-linolenic acid, the parent molecule of EPA and DHA.*



Flax Seed Oil 1000 mg
\$7.43 90 sg
EDAP \$9.29

Natural Factors®

Zinc Citrate 50 mg

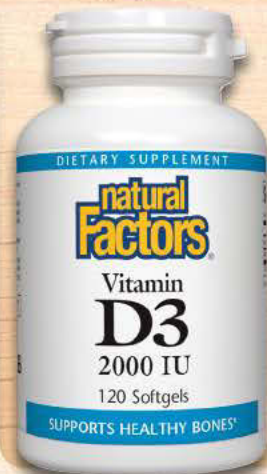
The citrate form of zinc is easily absorbed and metabolized by the body.*

Zinc Citrate 50 mg
\$5.99 90 tab
EDAP \$6.75

Natural Factors®

Vitamin D3 2000 IU

Have you taken your vitamin D today? These easy-to-swallow softgels make it a breeze!*



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EDAP \$5.69

Natural Factors®

B12 Methylcobalamin 1000 mcg

B12 is needed for normal neurotransmitter production in the brain.*



\$10.49 90 chew
EDAP \$11.25

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.





LUTEIN

best known for vision protection, may also defend skin against UV rays.

Eyeing Healthy Skin

By Lisa James

Soaking up the sun's rays on a lovely summer day can feel wonderful. However, that warm glow can soon give way to dry, itchy discomfort—and to the type of skin damage that can, over time, foster the development of cancer.

Lutein, a carotenoid found (along with its partner, zeaxanthin) in kale, corn, egg yolks, spinach, broccoli, and other foods, has long been known to help protect structures within the eye against sun damage. Scientists now believe that lutein may provide a similar defense for sun-exposed skin.

Ruthless Rays

Sunshine contains two types of ultraviolet rays: UVB, which penetrates the skin's outermost layer, called the epidermis, and UVA, which penetrates into the underlying dermis. The most common result is the red, hot inflammatory response known as sunburn.

Excessive UV exposure can also age skin prematurely. Besides causing dryness and flakiness, UV can degrade collagen, the protein that helps keep skin supple and toned. Results can include wrinkles, fine lines, discolored areas (known commonly as age spots), a leathery texture, and bleeding from damaged blood vessels.

What's more, sun damage can lead to *actinic keratosis*, small, scaly, reddish or brownish bumps or patches that do not disappear without treatment. Left untreated, up to 15 percent of keratosis can develop into squamous cell cancers. According to the Skin Cancer Foundation, an estimated 700,000 cases of SCC are diagnosed each year in the US and the incidence rate has been rising.

Skin Shield

Because lutein and zeaxanthin are the only two carotenoids to be found in significant quantities within the eye, most lutein research has been on how these nutrients affect vision. Lutein and zeaxanthin have been found to soak up free radicals and filter harmful blue light. As a result, "supplementation with lutein and zeaxanthin is effective for treating macular dysfunction in the central retina in early AMD (age-related macular degeneration) patients," according to the American Academy of Ophthalmology.

Researchers are discovering that lutein may provide similar benefits in terms of skin protection. A study team in Korea found that “lutein significantly reduced several skin inflammatory responses;” further analysis revealed that “lutein was able to act as a strong antioxidant.” Researchers writing in the *Journal of Investigative Dermatology* found that lutein “modulates the skin’s response to UVR (ultra-violet radiation) and may contribute to the defense against some of the deleterious effects of solar radiation.”

Scientists have made other intriguing discoveries. One research team found a link between high concentrations of lutein and zeaxanthin in the retina and sharper thinking among older people. In another study, supplementation led to improvements in the way the brain processes visual information.

Looking to lutein for eye protection in the summer sun? Don’t forget that it may help defend your skin, too. 🍌

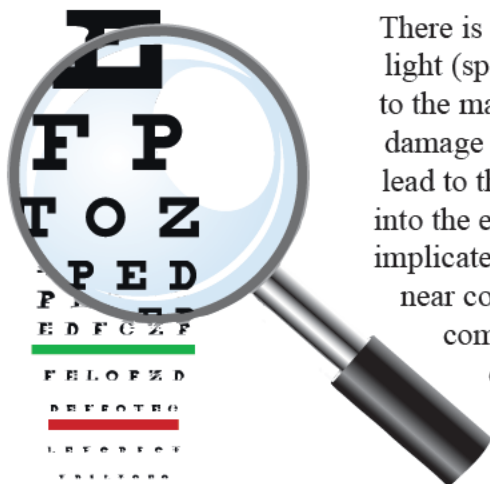
Reprinted with permission from Energy Times.

Lutein, a Powerful Ally for Your Eyes

By Lindsay Wilson

Imagine for a second that you can’t see the words on this page, or a loved one’s facial expressions. You can see everything in your peripheral, but that which is directly in front of you is a blur. This is the way some 15 million Americans living with age-related macular degeneration (AMD) see the world. In AMD, the macula lutea—a small spot near the center of the retina, and the part of the eye responsible for clear central vision—is damaged, robbing the victim of the ability to perform ordinary tasks that most of us take for granted, like driving, reading, and writing. According to the National Eye Institute, AMD is the leading cause of blindness in people over the age of 50 and the incidence is expected to triple by 2025. The name “age-related” macular degeneration implies that this condition may be an inevitable part of aging, but there is a nutrient that has been shown to reduce the likelihood, and even slow the progression, of AMD. It is called lutein.

Lutein, and its partner zeaxanthin, are carotenoids that make up the macular pigment, which protects the thousands of photoreceptor cells that reside in the macula, a small spot in the retina that allows us to see color and fine detail. The macular pigment absorbs harmful blue light, reducing photochemical damage, provides antioxidant protection to this delicate part of the eye, and more



recent research has found that it reduces inflammation in the eye. Macular pigment is not made by the body and must be acquired exclusively from the diet or supplementation. Low amounts of macular pigment could result in increased photochemical damage to the photoreceptors and studies have shown that a low amount of carotenoids in the blood is related to increased severity of AMD.

There is also strong evidence that cumulative exposure to blue light (specifically blue-violet light) is particularly damaging to the macula. While UVA and UVB light from the sun can damage the front part of the eye (cornea and lens) and may lead to the formation of cataracts, blue light penetrates deep into the eye, damaging the retina and macula, and has been implicated in the development of AMD. As it turns out, our near constant exposure to smartphones, TVs, tablets, and computers and the blue light they emit may be seriously damaging our eyes. Even energy-efficient compact fluorescent (CFL) bulbs and LED lights emit significant amounts of blue light (25% and 35%, respectively). We are naturally exposed to blue-violet light from the sun, but our exposure has been multiplied many times over with the high levels emitted from all of that “smart” technology.

With the incidence of AMD expected to triple in only ten years (!!) it’s smart to start protecting your eyes now. Lutein may be your most powerful ally. 🍌

References available upon request.

SAVE 20% OFF

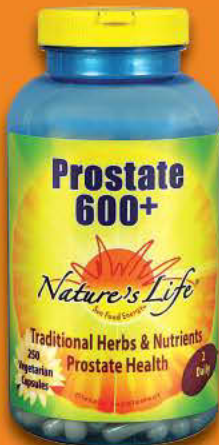
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on all

Nature's Life products

Magnesium
500 mg
\$15¹⁹
250 cap
EDAP \$18.99



Prostate
600 +
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250 cap
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Super Collagen
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This powder makes it easy to get a boost of collagen--just mix with water or juice and drink up!*

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7 oz.
EDAP \$16.25



NeoCell®



Collagen + C
Type 1 & 3

Collagen is a component of healthy connective tissue, skin, hair and nails.*

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120 tab
EDAP \$15.59

Life-flo®

Power of Krill

This sustainably-sourced krill provides EPA & DHA, plus the powerful antioxidant astaxanthin.*

\$23⁴⁹
60 sg
EDAP \$25.45



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B-Complex
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The B vitamins are involved in an array of biological functions including energy production and nerve health.*

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100 vcap
EDAP \$17.69



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Melatonin
3 mg

Melatonin "calibrates" your internal clock, promoting healthy sleep patterns.*

\$5⁵⁹
90 chew
EDAP \$5.99



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Cherry Fruit Extract
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This concentrated extract of Bing cherries provides a potent antioxidant punch.*

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90 sg
EDAP \$17.25
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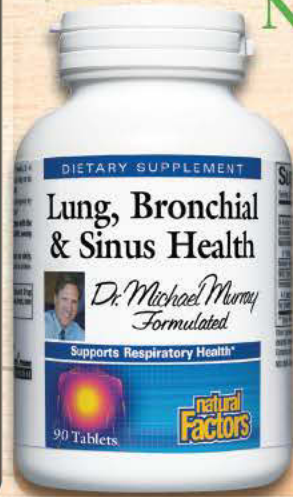


Natural Factors®

Lung, Bronchial
& Sinus Health

A special blend formulated with N-acetylcysteine (NAC) and herbs to nourish the entire respiratory system.*

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90 tab
EDAP \$20.25

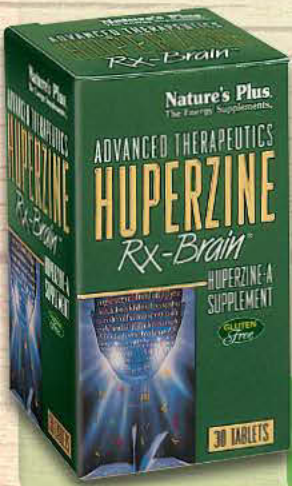


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Nature's Plus®

Huperzine
Rx-Brain



Formulated to promote optimal brain health, including memory support.*

\$8⁷⁹
30 tab
EDAP \$11.15

Nature's Plus®

Red Yeast Rice
Extended Release

Red yeast rice supports healthy cholesterol levels.*

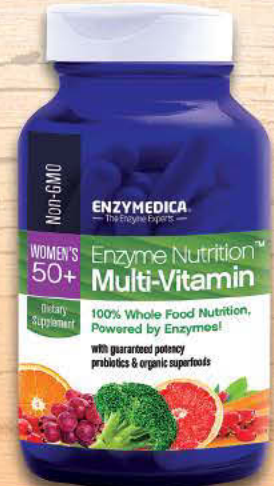


Red Yeast Rice
Extended Release
\$15⁹⁹
30 vtab
EDAP \$19.35



Enzymedica®
Select Enzyme Nutrition
Multi-Vitamin
60 cap

Select
Enzyme Nutrition
Multi-Vitamin
\$22⁴⁹
60 cap
EDAP \$28.59



Gaia Herbs®

Adrenal Health

This comprehensive adaptogenic blend contains ashwagandha, holy basil and rhodiola to support a healthy stress response.*

\$32⁴⁹
120 vcap
EDAP \$34.99

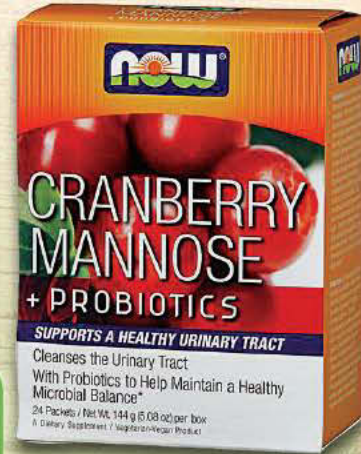


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Cranberry
Mannose
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[EDAP] EVERY DAY
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NOW®

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Liquid

Double Strength
L-Arginine
1000 mg



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16 oz.
SAVE \$3 EDAP \$15.49

\$17⁹⁹
120 tab
EDAP \$21.09

NOW®
Grape Seed
100 mg

Grape seed extract contains antioxidants called OPCs that support vascular health.*



Grape Seed
100 mg
\$20²⁵
200 vcap
SAVE \$9 EDAP \$29.25

NOW®
Green Tea Extract
400 mg

Green tea extract is an excellent source of antioxidant polyphenols and catechins that support good health.*



\$5⁹⁹
100 cap
EDAP \$8.45

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From **A** to **ZINC**

This essential element's got you covered

to

By Liz Mueller

Feel a cold coming on? Think zinc. Dealing with bouts of acne, loss of vision, taste, or smell? Think zinc. Perhaps you're struggling with male infertility. Or depression. Again, it's zinc to the rescue! But don't we get enough of this important nutrient just by eating healthy? Probably not. Foods that once contained copious amounts of minerals like zinc are only as nutritious as the soil in which they're grown (or the conditions in which the animals are raised) and it's evident that the health of our soil is rapidly on the decline, which means most of us probably aren't getting optimal amounts of this important mineral.

Zinc and the immune system: First let's pay homage to one of zinc's most important functions in the body—supporting the immune system. One of the primary types of cells activated and supported by zinc are T cells, a type of white blood cell that seeks out and destroys infected cells. Adequate levels of zinc are essential for T cells' division and maturation. In the case of a zinc deficiency, T cell development and function is impaired, leading to reduced numbers of this important immune cell.

Zinc and mental health: Zinc is critical for supporting mood regulation and cognitive function. In a study of major depressive disorder, lower zinc levels represented a marker of the illness and were correlated with depressive behaviors, ADHD, violence and aggression in children, and impaired learning and memory. Zinc treatment was found to have antidepressant-like and cognitive

supporting effects. The benefits of zinc can be seen in those who respond to traditional antidepressant therapy, as well as those who do not.

Zinc for the senses, skin, and sperm health: Zinc is important for maintenance of the senses: taste, smell, and vision. Studies show that a zinc-deficient diet correlates to a decrease in taste and smell acuity. Macular degeneration, the leading cause of vision loss and blindness among those 50 and older, showed significantly less vision loss after 12 months of zinc supplementation. Zinc also has anti-inflammatory and antioxidant properties, making it a powerful mineral for treating skin conditions such as acne, rosacea, and eczema. Topical zinc oxide is used to prevent UV-induced skin damage and may reduce the incidence of malignancies. Moreover, higher zinc plasma levels correlate with high sperm count and better sperm health.

Whatever your zinc needs may be, supplementing with this essential element can take over where foods may fall short. Soil mineral depletion is on the rise, and with it micronutrients, including zinc, have declined in our food. Eating high-quality, organic foods is second to none when it comes to taking health matters into your own hands, but supplementing with minerals like all-encompassing zinc can offer a safety net we can all afford to have. 🌱



Garden of Life® Raw Probiotics Men or Women 50 & Wiser

Raw Probiotics
Men or Women
50 & Wiser

\$33.49 90 vcap
EDAP \$37.39

A healthy balance of bacteria is crucial for overall good health; these formulations are targeted for men or women's specific needs.*

NOW® Lycopene 10 mg

Lycopene is a carotenoid extracted from tomatoes that helps maintain prostate health.*

\$13.59 60 sg
EDAP \$16.59
SAVE \$3



New Chapter® Bone Strength Take Care Slim Tabs

A comprehensive blend of minerals, vitamins and nutrients to best support bone health.*



\$42.29 120 tab
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MSM 1000 mg

A biologically active form of sulfur that promotes optimal joint health.*

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SAVE \$1

MRM®



5-HTP 100 mg

5-HTP is a precursor to serotonin, a neurotransmitter that influences mood.*

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EDAP \$13.59

Bluebonnet® Glucosamine Chondroitin Plus MSM

This blend promotes normal structure and function of the joints.*

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EDAP \$31.99



Alpha
Lipoic Acid

\$13.99 60 cap
EDAP \$15.99

Natural Grocers®



trans-
Resveratrol
Plus

\$8.79 60 cap
EDAP \$10.19



Kelp Powder

\$7.49 7 oz.
EDAP \$8.65

MegaFood®

Daily C-Protect or Daily Turmeric Powder

Each scoop of this whole-food blend is full of health-promoting antioxidants.*



Pump up the nutritional value of your smoothie, juice or green drink!*

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EDAP \$17.99
SAVE \$2

Hyaluronic Acid

Hyaluronic acid provides the fluid matrix for joint lubrication, skin hydration and skin repair.*

\$13.99 60 cap
EDAP \$14.99
SAVE \$1

Jarrow Formulas®



PS 100

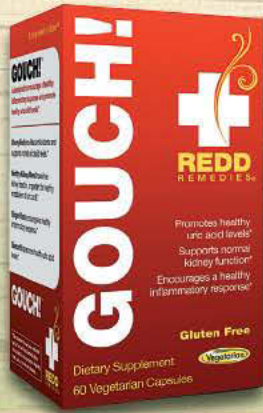
PS is an integral part of brain cells and promotes normal communication between neurons.*

\$12.79 30 sg
EDAP \$16.25

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Redd Remedies®

Gouch!



A blend of cherry extract, ginger and quercetin to promote a healthy inflammatory response.*

\$20⁹⁹ 60 vcap
SAVE \$3 EDAP \$23.99

Yerba Prima®

Psyllium Husks
180 Caps or 12 oz. Powder



Psyllium Husks
180 Caps or
12 oz. Powder
\$8⁷⁹ each
EDAP \$9.59 - \$10.39



Trace Minerals®

ConcenTrace
Trace Mineral
Drops



Our modern diets are woefully lacking in important essential minerals; fill the dietary gaps with this easy-to-take liquid supplement.*

\$18⁹⁹ 8 oz.
EDAP \$19.59

Theanine
Serene

Contains L-theanine and GABA to promote relaxing brain wave activity and magnesium to calm tense muscles.*

\$11⁴⁹ 60 tab
EDAP \$13.15

Source Naturals®

Theanine Serene
With Relora



With added Relora, to gently soothe away occasional anxious tension.*

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EDAP \$15.95

Wishgarden Herbs®

Deep Stress Daily Rescue - or - Serious Relaxer Muscle Tension



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EDAP \$10.39

Amazing Grass®

Green SuperFood
All Flavors



\$21¹⁹ 7.4 - 8.5 oz
EDAP \$24.19

Barlean's®

Brevail
Plant Lignan Extract



A one-a-day capsule supports breast health and healthy hormone metabolism.*

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EDAP \$18.55

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SUPPLEMENT STANDARDS

You have probably noticed that here at Natural Grocers we are passionate about quality—quality in the food we sell, the nutrition education we offer, and the customer service we provide. Our grocery, meat, dairy, and produce standards are second to none. This passion for quality also carries over into the thousands of dietary supplements we sell.

Dietary supplements are where it all began for us, and though our selection has grown ten-fold since the early days, every supplement you find on our shelves has been through a rigorous checklist in which our purchasing team scrutinizes everything from raw materials to methods used to test for purity to ensure that the products meet our strict quality standards.

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Will the Dietary Mineral Magnesium Emerge from the Shadow of Calcium?

Calcium often gets the headlines, but the dietary mineral magnesium is every bit as important—if not more so. For example, just as calcium is needed to help contract the heart muscle, magnesium is required to allow the heart muscle to relax, with both actions crucial for the normal pumping of blood.

The mineral plays roles in more than 300 biochemical reactions in the body, including those involved in bone health, blood pressure, and blood sugar. Three new studies focus on the benefits of magnesium in reducing the risk of cardiovascular diseases and managing blood sugar and insulin levels.

Jordi Salas-Salvado, MD, PhD, of the Roviri and Virgili University, Spain, and his colleagues analyzed the dietary intake of magnesium among 7,216 men and women, ages 55 to 80 years. Some of the participants ate Mediterranean diets supplemented with either extra nuts or olive oil, while others were asked to eat a low-fat diet.

After being followed for an average of almost five years, people with the highest magnesium intake were 34 percent less likely to die of any cause, including cardiovascular diseases and cancer, compared with people who consumed the least magnesium. Cardiovascular risk was based on a combination of stroke, heart attack, and any other type of cardiovascular-related death.

People who ate a low-fat diet consumed relatively low amounts of magnesium.

In a separate study, Fernando Guerrero-Romero, MD, PhD, of the Mexican Society Security Institute, investigated the relationship between magnesium blood levels and the risk of prehypertension.

Prehypertension is a slight elevation in blood pressure, but not high enough to be considered hypertension. For this study, prehypertension was defined as a systolic blood pressure between 120 and 139 mmHg and a diastolic blood pressure between 80 and 89 mmHg.

Guerrero-Romero studied 175 healthy men and non-pregnant women, ages 20 to 65 years. People with low magnesium levels were twice as likely to have prehypertension, compared with those who had normal levels of the mineral. In addition, people with low magnesium levels also had higher levels of triglycerides, a cardiovascular risk factor.

In the third study, Yunsheng Ma, MD, PhD, of the University of Massachusetts Medical School, Worcester, and his colleagues analyzed levels of HOMA-IR—a marker of insulin resistance based on fasting glucose and insulin levels—in 234 men and women diagnosed with metabolic syndrome. Metabolic syndrome increases the risk of type-2 diabetes and cardiovascular disease.

Throughout the study, only about one-fourth of the subjects achieved the recommended daily intake for magnesium.

People with low intakes of magnesium were more likely to have insulin resistance—based on a HOMA-IR of 3.6 or higher—whereas high magnesium intake was associated with a lower HOMA-IR. People who consumed the RDA for magnesium were 63 percent less likely to have an elevated HOMA-IR.

“These findings indicate that dietary magnesium intake is inadequate among non-diabetic individuals with metabolic syndrome and suggest that increasing dietary magnesium...has a productive effect on insulin resistance,” wrote Ma and his colleagues.

References: Guasch-Ferré M, Bullo M, Estruch R, et al. Dietary magnesium intake is inversely associated with mortality in adults at high cardiovascular risk. *Journal of Nutrition*, 2013; doi 10.3945/jn.113.183012. Rodriguez-Moran M, Guerrero-Romero F. Hypomagnesemia and prehypertension in otherwise healthy individuals. *European Journal of Internal Medicine*, 2013; doi 10.1016/j.ejim.2013.08.706. Wang J, Persuiste G, Olendzi BC, et al. Dietary magnesium intake improves insulin resistance among non-diabetic individuals with metabolic syndrome participating in a dietary trial. *Nutrients*, 2013; 5:3910-3919.

Fish Oils Boosts the Effectiveness of Rheumatoid Arthritis Drugs

Taking a hefty dose of omega-3 fish oils with drugs to treat rheumatoid arthritis leads to significantly better outcomes, compared with using small amounts of fish oils with the same drugs.

Susanna Proudman, MD, of the Royal Adelaide Hospital, Adelaide, Australia, and her colleagues treated 139 men and women diagnosed with recent onset rheumatoid arthritis who had not previously been prescribed drugs. All of the subjects received a combination of three drugs, including methotrexate, sulphasalazine, and hydroxychloroquine, along with the B-vitamin folic acid. (Methotrexate interferes with folic acid metabolism.)

In addition, some of the subjects received 5.5 grams of omega-3 fish oils, while others received just 400 mg of fish oils daily. The patients were followed for one year.

People who received the high dose fish oils were far more likely to benefit from the drug therapy compared with the low-dose fish oil group. In addition, people taking the high-dose fish oils benefited from slower disease progression.

“That the protocol, with only minor adjustments, has remained standard practice within our busy clinic after completion of the trial, further underlines its applicability to real practice settings,” wrote the researchers.

Reference: Proudman SM, James MJ, Spargo, LD, et al. Fish oil in recent onset rheumatoid arthritis: a randomised, double-blind controlled trial within algorithm-based drug use. *Annals of the Rheumatic Diseases*, 2013; doi 10.1136/annrheumdis-2013-204145

Quick Review of Recent Research

• Gut bacteria may influence cancer risk

Researchers from the New York University School of Medicine compared intestinal microbes from 47 patients with colorectal cancer and 94 healthy subjects. People with colorectal cancer had less diversity in their gut bacteria. They also had smaller numbers of *Clostridia* bacteria, some of which help ferment dietary fiber to butyrate, a compound that might block inflammation and cancer in the colon.

Ahn J. *Journal of the National Cancer Institute*, 2013; doi 10.1093/jnci/djt300.

• Statins appear to raise cataract risk

Researchers from the San Antonio Military Medical Center, Texas, compared 6,972 people who had taken statin cholesterol-lowering drugs with the same number of people who had not taken the drugs. They found that people taking statins were 27 percent more likely to develop cataracts, a finding that remained consistent even after accounting for other possible causes.

Leuschen J. *JAMA Ophthalmology*, 2013;131:1427-1434.

• Organic milk contains more omega-3s

Excessive amounts of omega-6 fats, found in vegetable oils and processed foods, aren't healthy, whereas omega-3 fats, found in fish, are good for the heart and anti-inflammatory. Now, researchers at Washington State University, Pullman, have found that organic milk contains far higher levels of omega-3 fats compared with conventionally produced milk. The researchers obtained 378 samples of organic and conventional milk from seven different regions of the United States. Averaged over 12 months, organic milk contained 62 percent more omega-3s and 25 percent less omega-6s compared with conventional milk. All individual omega-3s were also higher in organic milk. Alpha-linolenic acid levels were 60 percent higher, eicosapentaenoic acid (EPA) levels were 32 percent higher, and docosahexaenoic acid (DHA) levels



were 19 percent higher. Levels of conjugated linoleic acid (CLA), which has been associated with weight control, were 18 percent higher in organic milk. ■

Benbrook CM. *PLoS One*, 2013:e82429.



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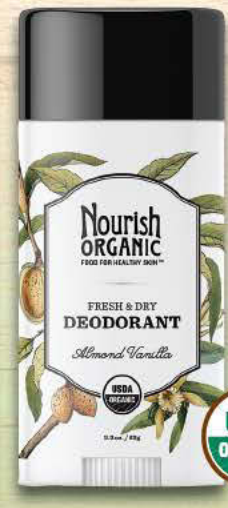


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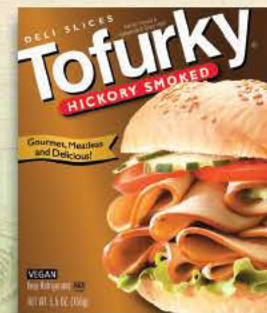


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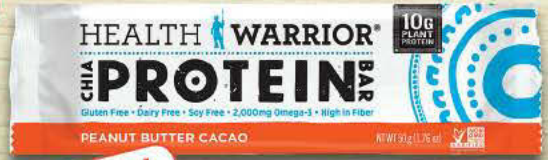
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Avoiding the common pitfalls of a vegetarian or vegan diet

By Heather Pratt, MNT

With books and celebrities touting a vegetarian or vegan diet as the path to everything from beauty and weight loss to enlightenment, you might find yourself considering just such a diet. Or maybe you're a long-time veggie, abstaining from meat since you first read *Diet for a Small Planet*. There are many reasons one might choose to eliminate animal foods, but such a dietary shift alters where you are able to get essential nutrients that are critical for the normal functioning of the body. While you can certainly get most of your nutrients from a plant-based diet, as with any diet, it's easy to fall into nutritional ruts and end up with some imbalances. But a little thoughtful planning and foresight, along with some dietary supplementation, can go a long way to help you avoid common pitfalls and enjoy your best health. So before you eat your next veggie burger, here are a few things to consider.

The first thing to remember when eating a meat-free diet is the same concept that applies to any sort of diet: Eat Real Foods! Avoid food that comes in boxes, cans, and bags and instead choose foods as close to the way they come in nature as possible. Just like the terms “natural” or “fat-free” tell us very little about the nutritional quality of a food, something labeled “vegetarian” or “vegan” doesn't automatically mean it's healthy. After all donuts, chips, cookies, crackers, white bread, and candy can all be free of animal ingredients, but they certainly shouldn't form the basis of anyone's diet. Vegans should build their diet around a plethora of vegetables and fruits, nuts and seeds, legumes, and whole grains like quinoa and brown rice; vegetarians can add pastured eggs and dairy products like butter, cottage cheese, yogurt, and cheese.

Optimize Your Nutrient Intake

Adequate Protein. It is all too easy to replace meat with bread, pasta, and tortillas, but doing so won't supply the nutrients needed to make up for the loss of the nutrients that meat provides. Protein, composed of amino acids, is available in many whole foods, but humans must obtain specific amino acids from the diet in the proper proportions for the human body. Animal foods like meat, eggs, and dairy supply all of these amino acids in

the right proportions—they are considered complete proteins. Plant foods, on the other hand, contain these essential amino acids as well, but not all in one food and in smaller amounts. For vegetarians, foods like eggs, cottage cheese, yogurt, and cheese are all good sources of quality protein. For vegans a variety of foods such as quinoa, hemp seeds, legumes, nuts and seeds, and fermented soy products (like tempeh and miso) all help deliver the essential amino acids, albeit not all in one shot and not in large quantities. It is important to eat a variety of these foods daily to get an adequate supply of protein.

Avoid Nutrient Deficiencies. American diets are woefully low in many important nutrients like vitamins A, D and E, calcium, and magnesium. Not only do non-meat eaters have to be aware of these common deficiencies, but they are also more prone to other deficiencies. Again vegetarians fair better than vegans when it comes to getting these essential nutrients, but both are at risk of not only outright deficiencies, but of more subtle suboptimal levels of nutrients that can interfere with proper bodily function without causing overt deficiency symptoms.

- **Vitamin B12.** Among those that don't supplement, 83 percent of vegans and 68 percent of vegetarians are deficient in B12. B12 is required for proper nerve function, energy production, immune function, fertility, vascular health, gut health, and brain health, but is *only* found in animal foods. Humans are able to store B12 in their tissues, so a deficiency can sometimes take years to show up after starting a vegetarian or vegan diet, but children, who lack stores of the vitamin, are especially susceptible. Supplementing with vitamin B12 is absolutely essential for anyone following a vegetarian or vegan diet.
- Minerals are widely distributed in a variety of both plant and animal foods, but many plants contain compounds such as phytic acid and oxalate that bind to minerals, making them unavailable for the human body. Because of this vegetarians and vegans are encouraged to get more than the RDA for iron and zinc, and vegans should be extra cautious to get enough calcium.

Zinc is essential for proper immunity, blood sugar balance, skin, bone and tissue health, sperm health, and for digestion. Good non-meat sources of zinc include crimini mushrooms, leafy greens, pumpkin seeds, sesame seeds, and yogurt.

Iron is important for energy production and immune function, and those with higher iron needs such as growing children and women of childbearing years may not get enough on a vegetarian or vegan diet. Non-meat sources of iron include legumes, leafy greens, and tofu.

Calcium is necessary for strong teeth and bones and normal functioning of the heart. Without dairy products (the source of most Americans' calcium), vegans are at a greater risk of calcium deficiency. Calcium is found in a variety of plant sources, but in lower amounts than dairy products. Leafy greens are a great source but some, like spinach and Swiss chard, have high levels of oxalates that can bind calcium making it unavailable; however, cooking can reduce some of the oxalates. In general aim to get a variety of leafy greens.



- **Vitamin K2.** While closely related, vitamin K1 and K2 do not perform the same functions in the body. Vitamin K1 (found in leafy green vegetables) is primarily involved in blood clotting, but vitamin K2 (found in organ meats, egg yolks, and dairy) is essential for ensuring calcium goes to the right places (bones and teeth) instead of our soft tissues (arteries). Fermented foods like sauerkraut do contain some vitamin K2, but usually only in very small amounts. To ensure optimal levels, it is best to supplement with vitamin K2.

Get Enough of the Right Fats. Those all-important omega-3 fatty acids that we hear so much about can be in short order in a vegetarian diet and non-existent in a vegan diet. Plant sources such as flax and walnuts supply the parent of the omega-3 family, alpha-linolenic acid (ALA), but ALA is only the starting point. ALA goes through a series of conversions in the body to get to eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), the fatty acids that actually do all the good things for us. Unfortunately the conversion process from ALA to EPA and then DHA isn't all that efficient (only about 7 percent is converted to EPA and even less to DHA) and can be hampered by many things including a poor diet, and conditions such as hypothyroid, diabetes, and atherosclerosis. To further complicate the issue, the conversion is dependent on many different nutrients, some of which may be deficient in a meat-free diet, like B6 and zinc.

To ensure sufficient nutrient intake, vegetarians and vegans would be wise to supplement with a high quality multi-vitamin and mineral formula, vitamin B12, and an algae-based EPA and DHA supplement. Additional zinc, iron, calcium, and vitamin K2 may also be necessary.

Avoid the Common Pitfalls

Not only do vegetarians and vegans have to contend with many of the same dietary pitfalls as meat-eaters (junk foods, trans-fats, hidden sugars, etc.), but there is also a whole host of things to consider about the foods that fill the meat void.

- ❌ The first are grains and legumes which tend to make up a heavy portion of the diet. Unfortunately, for those trying to lose weight or for those with gut issues or autoimmune conditions, a diet heavy in grains and legumes can be damaging. Even for an otherwise healthy person, grains and legumes are high in anti-nutrients such as phytates, which interfere with mineral absorption. Any diet that relies heavily on these foods should consider proper cooking techniques such as soaking and sprouting to improve digestibility and reduce phytate levels.
- ❌ Soy is another place for concern. Although soy is high in protein for a plant food, it comes with a dark side. Too much soy can interfere with thyroid function and mineral absorption. It is also high in phytoestrogens which may interfere with the body's own hormones, especially in growing children and men. Ideally soy should be consumed in moderation, and stick to organic versions of traditionally prepared and fermented forms like miso, tempeh, and soy sauce.
- ❌ The final place those avoiding meat should be cautious is with meat and dairy substitutes. Today, everything from fake bacon to soy cheese and hotdogs are readily available, but beware, these products are usually very highly processed. While they can make a fun occasional substitute, they should never form the basis of the diet.

Whether you're just venturing into a vegetarian or vegan diet or if you have been following the diet for years and have fallen into a rut, a bit of forethought, preparation, and maybe a little bit of revamping will take you a long way. And just like with any diet, whole, unprocessed foods and a few natural supplements help to ensure that you are as healthy as you can be. 🌱

References available upon request.

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- ½ cup peanut butter
(or sub cashew or sunflower butter)
- ½ cup canned coconut milk
- 2 tablespoons warm water
- 1 tablespoon apple cider vinegar
- Pinch of red pepper flakes (more if you like it hot)
- 2 tablespoons soy sauce, tamari, or coconut aminos
- 1 tablespoon Natural Grocers® honey
- 1 tablespoon minced garlic
- 1 tablespoon grated fresh ginger

Combine all sauce ingredients in a medium bowl and whisk well to combine. Set aside while you prepare the rest of the meal.

For Each Serving:

½ cup basmati rice, cooked and/or 1 small sweet potato peeled, cubed, and boiled.

Choose one cup each of steamed and raw veggies and one ounce of protein for each serving. Don't be limited to these suggestions; customize it with your own favorite veggies and protein!

suggestions:  

To Assemble:

Start with a layer of rice and/or boiled potatoes on each plate, add 1 cup of steamed veggies, 1 cup of raw veggies, and 1 ounce of the protein of your choice to each plate. Top with the sauce and optional garnishes. You can also put all the toppings in small bowls on the table and let each diner compose their own meal to suit their tastes.

Steamed Veggies (4 cups total)

- Broccoli florets
- Carrot slices
- Cauliflower florets
- Green beans
- Snow peas

Raw Veggies (4 cups total)

- Cucumber slices
- Tomato slices
- Red pepper, diced
- Sprouts
- Thinly sliced green cabbage

Proteins

- 4 hard-boiled eggs, quartered
- 4 ounces pan-sautéed tempeh, cube
- 4 ounces cooked chicken, cubed

Optional Garnishes

- Scallions, diced
- Fresh cilantro and/or mint, chopped
- Chopped peanuts or cashews
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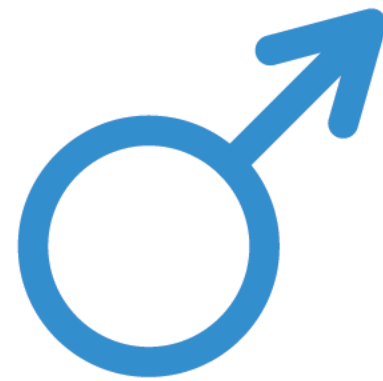
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His & Hers



Managing hormonal changes naturally, for men and women

By Jack Challem

Ah yes, hormones. We know them as the stuff that defines us as men and women. Testosterone and other androgens keep men virile, while estrogen and progesterone help women stay fertile. But around age 50, most women enter perimenopause, a time in which estrogen and progesterone levels decline sharply. Men's hormone levels decrease as well, though not usually as abruptly. Such changes signal a major passage in life, from youth to middle age.

These shifting hormone levels, a few of the many within our bodies, can be a mixed blessing. Women trade menstrual periods for hot flashes, and yet the loss of fertility can also have a liberating effect—no more fear of an unwanted pregnancy. In contrast, men might bemoan the loss of their youthful vigor and sexual performance, and they end up with a greater risk of developing an enlarged prostate and related urinary problems.

There is, however, a natural wisdom in how our biology changes with age. We weren't meant to maintain the robust hormone levels of 20-year-olds throughout our lives. Our sexual hormones are anabolic—that is, they promote growth. That's important when we're young, but as the years go by, too much estrogen or testosterone can also raise the specter—and actual risk—of some cancers.

The ideal solution should strike a balance that focuses on natural and safe methods of modulating hormone levels and easing symptoms of perimenopause and male menopause (andropause). The reason is that prescription estrogen-replacement drugs (which are derived from horse urine) increase the risk of heart attacks, strokes, dementia, and breast and ovarian cancers in women, whereas prescription testosterone increases the risk and aggressiveness of prostate cancer in men.

HOW WOMEN CAN BALANCE THEIR HORMONES

Although women's bodies secrete 30 different forms of estrogen, the three primary ones are estradiol, estrone, and estriol. They work by changing the behavior of estrogen-responsive genes. Estradiol is the most biologically active estrogen when women are in their child-bearing years. During pregnancy, estriol

becomes the predominant estrogen and, much later, estrone levels increase during menopause. Estriol has long been favored by alternative practitioners to ease perimenopausal symptoms. The reason is that while estriol levels tend to be highest, it's 80 times weaker, and far safer, than estradiol.

This difference in potency has significant implications. Some women are "estrogen dominant," meaning that their bodies produce relatively large amounts of estradiol. In fact, women with high natural levels of estradiol are four times more likely to develop breast cancer, compared with women who have lower levels of the hormone. Estradiol is a potent proliferator of tissue, which becomes particularly worrisome in terms of a woman's long-term cancer risk.

Perimenopausal symptoms may be more intense in women who have had a history of estrogen dominance, which is also characterized by low production of progesterone, a hormone that moderates the effects of estrogen. Women with estrogen dominance usually have had a history of premenstrual syndrome, endometriosis, uterine fibroid tumors, or fibrocystic breasts.

So how can a woman safely manage perimenopausal symptoms? There are several approaches.

Step 1. Modulating Hormone Levels. Women can adopt natural approaches to help manage their estrogen levels, including substances that break down estrogen, natural aromatase inhibitors, and progesterone cream.

B vitamins. The late Carlton Fredricks, Ph.D., a pioneering nutrition health educator, focused much of his career on nutritional support for women. He understood the importance of aiding the liver's breakdown of estradiol to estriol. Two of the key nutrients in this process are the B-vitamins choline and inositol. Meanwhile, experiments have found that phosphatidylcholine and phosphatidylserine (PS) prevent the attachment of estradiol to cell estrogen receptors. Both nutrients are found in lecithin granules. *Tip:* Try at least 250 mg each of

phosphatidylcholine, PS, and inositol, preferably in the form of lecithin granules, plus a B-complex supplement.

Breaking down estrogen. Without any inherent hormonal properties, DIM (diindolylmethane, pronounced *die-in-dole-lyl-meth-ane*) works by regulating some of the enzymes that control estrogen production. The body makes DIM from indole-3-carbinol (I3C), a natural substance found in broccoli and other cruciferous vegetables. It increases levels of “good” estrogens, such as 2-hydroxy estradiol and 2-hydroxy estrone, while lowering levels of undesirable forms, such as 16-hydroxy estrone and 4-hydroxy estrone. *Tip:* Try 100-200 mg of DIM daily.

Natural aromatase inhibitors. The enzyme aromatase is involved in the body’s conversion of testosterone to estrogen, particularly estradiol. Aromatase-inhibiting drugs are commonly used to treat women with breast cancer, but natural low-potency aromatase inhibitors are safe for women who simply want to modulate their estradiol levels. Numerous flavonoids and flavonoid-containing foods have been shown to reduce aromatase activity. Chrysin appears to be the most potent of these. Other aromatase inhibitors include grape seed extract, zinc, and naragenin, found in the rinds of citrus fruits. Green and black teas, mangosteen, white button mushrooms, red wine, and alcohol-free red wine are also rich in flavonoids that have been shown to reduce aromatase levels. A natural aromatase inhibitor might have the added benefit of maintaining some testosterone levels, which influence libido in women (as well as in men). *Tip:* Try 500 mg of chrysin daily, and otherwise follow label directions for use.

Progesterone cream. The natural form of the hormone progesterone might have benefits before and during perimenopause, particularly among women with a history of estrogen dominance. Progesterone “opposes” and therefore balances excess estrogen. Regularly applying a natural progesterone cream can often reduce the risk of osteoporosis and breast and endometrial cancer. It can also enhance sexual libido. Natural progesterone cream is produced from diosgenin, found in Mexican yams (*Dioscorea spp.*) The yams by themselves have no progesterone activity. *Tip:* Follow label directions for rubbing progesterone cream onto the skin.

Step 2. Reducing Perimenopausal Symptoms

Hot flushes are by far the most common physical complaint of women during perimenopause. Several plant extracts have been found to reduce hot flushes, but none have a consistent effect on all women. That means you might have to experiment over several months to determine which one is best for you. These plant extracts have very weak estrogenic properties, on average about one-thousandth that of real estrogen. They appear

to work, at least in part, by attaching to cell receptors and blocking the effects of estrogen. Women with breast or ovarian cancer should not take these supplements because the effects are unknown.

Two herbal supplements, *Pueraria mirifica* and black cohosh (*Cimicifuga racemosa*), have solid evidence supporting their use. *Pueraria mirifica* has also been shown to relieve vaginal dryness. Several other supplements might also be helpful, including red clover, lignans, and soy isoflavones. Flaxseeds are the richest dietary source of lignans. *Try:* Follow label directions for use.

HOW MEN CAN BALANCE THEIR HORMONES

As men enter middle age, their testosterone levels slowly decline, as do levels of other male hormones, including androstenedione (andro) and dehydroepiandrosterone (DHEA). These hormonal changes are sometimes called andropause because male hormones are known as androgens. At the same time, men also start making more dihydrotestosterone (DHT), a metabolite of testosterone. DHT has a strong affinity for androgen receptors, making it more potent than testosterone. That’s problematic because DHT promotes benign prostate enlargement and male-pattern baldness. In other men, as testosterone levels decline, estrogen levels increase and, ironically, a few men might make more estrogen than postmenopausal women.

Step 1. Modulating Hormone Levels. As with women, men can take some steps to naturally manage their hormone levels and to reduce some of the symptoms of andropause.

Natural aromatase inhibitors. In men, as in women, aromatase plays a key role in converting testosterone to estrogen. (Both men and women produce the same hormones, though in different amounts and ratios.) If a man’s testosterone levels are low, a physician can order a test to determine whether excess aromatase might be the underlying cause. If aromatase is elevated, a natural inhibitor, such as chrysin, can help restore normal levels of the enzyme and testosterone levels. *Tip:* Follow label directions for use.

Testosterone and DHT. Researchers have found that the herb saw palmetto (*Serenoa repens*) can reduce DHT activity. As an added benefit, a 2014 study in the *Journal of the International Society of Sports Medicine* found that a combination of saw palmetto and the plant-source antioxidant astaxanthin significantly reduced both DHT and estradiol levels in men. Other natural substances, such as the Chinese herb Ling Zhi (*Ganoderma lucidum*) and green tea extract, can also inhibit the formation of DHT and should help maintain testosterone levels. *Tip:* Follow label directions for use.

Step 2. Easing Andropause Symptoms

In middle age men have a high risk of developing benign prostate enlargement. Erectile dysfunction can also be a consequence of lower hormone levels.

Preventing benign prostate enlargement. DHT is the principal driver of benign prostate enlargement. As prostate cells enlarge, they grow both outward (increasing the overall size of the prostate) and inward. The inward growth places pressure on the prostatic urethra, which is part of the urinary system. This pressure can lead to a sudden urge to urinate, embarrassing dribbling, or feeling that the void is incomplete.

Although prescription drugs are available to treat this condition (by reducing DHT formation), they can have side effects, including decreased libido and erectile dysfunction. Lycopene, an antioxidant found in tomatoes, can slow the increase in prostate size, as well as lower levels of prostate specific antigen (PSA, a marker of prostate cancer risk). Although some of the studies have yielded conflicting results, strong evidence remains showing that saw palmetto can reduce the urinary symptoms of BPH *and* also improve sexual function. Other helpful supplements include stinging nettles and cranberry extract. *Tip:* Try 10-15 mg daily of tomato-source lycopene, 200-300 mg daily of saw palmetto,

100-200 mg daily of stinging nettles, or 400 mg daily of cranberry extract.

Erectile dysfunction. Both low testosterone levels and cardiovascular disease can affect men's sexual performance. The amino acid L-arginine is the precursor to nitric oxide, a compound that regulates the flexibility of blood vessels, including those involved in maintaining an erection. Its benefits may be enhanced by combining arginine with Pycnogenol®, a plant-derived antioxidant. L-citrulline, which the body can convert to L-arginine, has also been shown helpful, according to a study in the journal *Urology*. *Tip:* Try 2,000 mg daily of L-arginine (in divided doses), 50-100 mg daily of Pycnogenol®, or 1,500 mg daily of L-citrulline.

Throughout history, people have sought the mythical fountain of youth. Today, science has shown us that one of the many keys to maintaining a younger body is by maintaining healthy, balanced hormone levels. Although there are risks with many prescription and over-the-counter hormone products, both women and men can take safe and natural steps toward balancing their hormone levels in middle age, retaining their youth and vigor along the way. ■

References available upon request.



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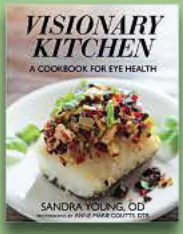
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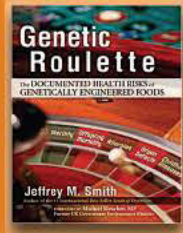
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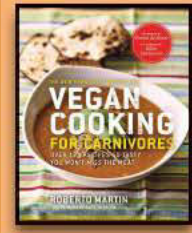
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