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# Natural Insights for Well Being®

August 2015

## Healthy Muscle and Bone

Nutrients help reduce fracture, maintain muscle

### Vitamins K1 and D preserve bone health

People living in Oslo, Norway, have some of the highest rates of hip fracture in the world. In this study, doctors measured vitamin K1 and vitamin D levels in 111 Oslo residents hospitalized with hip fracture and compared to 73 healthy Oslo men and women of similar ages without hip fracture.

Compared to the healthy group, the hip fracture group had vitamin K1 levels 56 percent lower and vitamin D levels 38 percent lower. When either vitamin K1 or vitamin D levels were below the level in the average healthy person, chances were higher for hip fracture. But when both vitamin K1 and vitamin D levels were below average, chances for hip fracture were three times higher.

Doctors said vitamins K1 and D together may help prevent osteoporosis and may also help those with hip fracture avoid having a second fracture.

### Whey protein helps maintain muscle while dieting

When older adults try to lose weight, muscle can deteriorate as well. In this study, 67 obese older adults followed a diet with 600 fewer calories per day than their metabolism required while taking resistance training exercise three times per week.

Participants took 21 grams of whey



protein, plus leucine and vitamin D, 10 times per week, or a placebo. After 13 weeks, the whey protein group saw a 3.6 percent drop in body weight compared to 3.1 percent for placebo, and an 8.3 percent decrease in body fat compared to 6.5 percent for placebo. Waist size and body mass index scores decreased in both groups.

While muscle strength and physical performance were similar between the groups, muscle mass increased 2.1 percent for those taking whey protein while decreasing 2.3 percent for placebo. Doctors said whey protein preserved muscle mass in obese adults on a diet and exercise program, and may help preserve muscle with age.

REFERENCE: CLINICAL NUTRITION; 2015, VOL. 34, No. 1, 101-6

AUGUST'S

## Healthy Insight Live Long with Whole Grains

In this study of 367,442 men and women, aged 50 to 71 at the outset, those who got the most whole grain or cereal fiber were 17 to 19 percent less likely to have died from any cause over the 14-year follow-up period compared to those who got the least whole grain or cereal fiber in the diet. Participants began the study free from serious disease. Among those who developed diabetes during the study, those who got the most grain and fiber were 48 percent less likely to have died from any cause compared to those with type 2 diabetes who got the least whole grain and cereal fiber.

REFERENCE: BMC MEDICINE; 2015, 13:59, PUBLISHED ONLINE

### This Issue

NUTRIENTS PROMOTE BETTER LIPID PROFILES, LOWER BLOOD PRESSURE	2
NUTRIENTS IMPROVE METABOLISM IN WOMEN	2
NUTRIENTS IMPROVE PERFORMANCE IN ELITE ATHLETES	3
EARLY-STAGE DISCOVERIES IN NUTRITION	3
SPLENDID SALAD SATISFIES IN SUMMER	4

# Healthy Fats

Nutrients promote better lipid profiles, lower blood pressure, sugar, and inflammation

## Pycnogenol

Doctors are beginning to link three factors to heart disease: inflammation, oxidative stress, and blood vessel flexibility. In this study, doctors asked 93 people with borderline conditions of high blood pressure, sugar, or lipids, to follow the best available management to control their symptoms while reducing carbohydrates, caffeine, and sodium, and exercising daily. Half of those in each group also took 150 mg of Pycnogenol® per day.

After 12 weeks, both groups saw blood pressure, fasting blood sugar, and cholesterol levels return to normal, with slightly better results for Pycnogenol. For blood vessel flexibility and oxidative stress, while there were no changes for

those who did not take Pycnogenol, those who did saw a 66 percent improvement in blood vessel flexibility and a 20 percent improvement in signs of oxidative stress.

## Omega-7 – the new good fat

Early studies of omega-7, or palmitoleic acid, have found lipid and inflammation benefits. In this first placebo-controlled study, 30 adults with abnormal lipid levels and mild systemic inflammation took 220.5 mg of omega-7 per day or a placebo while maintaining their regular diets.

After 30 days, compared to the start of the study, those taking omega-7 saw the inflammatory factor high-sensitivity C-reactive protein decline by 44 percent,

triglyceride levels decline by 15 percent, and LDL—the “bad” cholesterol—levels drop by 8 percent. HDL—the “good” cholesterol—levels increased by 5 percent compared to placebo.

Doctors see omega-7 fatty acids as a new good fat that helps control and metabolize lipids, and keeps them from accumulating in the liver.

**REFERENCE:** INTERNATIONAL ANGIOLOGY; 2015, VOL. 34, No. 1, 43-52



# Healthy Women

Nutrients improve metabolism in women

## Zinc and selenium improve thyroid function

Zinc and selenium help the body produce thyroid hormone, and doctors wanted to see if taking supplements would help women with low thyroid function, or hypothyroidism, where the

metabolism slows, leading to weight gain and fatigue.

In this study, 68 overweight or obese women with hypothyroidism took 30 mg of zinc gluconate, alone or with 200 mcg of selenium yeast, per day, or a placebo. After 12 weeks, while there were no changes for placebo, both the zinc and zinc/selenium groups saw improvements in the two thyroid hormones that help regulate the rate of energy the body uses.

Doctors said the findings suggest zinc alone or with selenium has a beneficial effect on thyroid function in overweight or obese women with hypothyroidism.

## Vitamin K1 improves insulin sensitivity, blood sugar control

Doctors wanted to test the effects

of vitamin K1 (phylloquinone) on blood sugar metabolism and insulin sensitivity in pre-diabetic women. In this study, 82 pre-diabetic, premenopausal women took 1,000 mcg of vitamin K1 per day or a placebo.

After four weeks, the hormones that regulate insulin sensitivity and blood sugar control had improved much more in the vitamin K1 group than for placebo, and two hours after eating, insulin and blood sugar levels had increased for placebo while declining for those who took vitamin K1.

Discussing the findings, doctors said taking vitamin K1 for four weeks had beneficial effects on glycemic status and insulin sensitivity in pre-diabetic and premenopausal women.

**REFERENCE:** JOURNAL OF THE AMERICAN COLLEGE OF NUTRITION; MARCH, 2015, PUBLISHED ONLINE



# Better Sports

## Nutrients improve performance in elite athletes

### Omega-3s boost elite cyclists

In this study, 13 elite cyclists took 1,300 mg of omega-3 fish oil per day or a placebo. After three weeks, while there were limited improvements for placebo, cyclists taking the omega-3s saw a 69



percent increase in nitric oxide, which helps widen and relax blood vessels, a 5.25 percent increase in a measure of blood flow, and a meaningful increase in the capacity to use oxygen.

Discussing the findings, doctors said that while the study didn't directly measure changes in athletic performance, the results suggest that omega-3s may make aerobic exercise easier. Also, the increase in nitric oxide levels suggests better circulation that may enhance performance in endurance athletes.

### Arginine improved athletic performance

Doctors aren't yet sure how arginine improves athletic performance, but found a benefit in elite male wrestlers. In this study, nine elite male wrestlers took

1,500 mg of arginine per day per 22 pounds of body weight, or a placebo.

After two weeks, the men fasted for 12 hours after the last dose of arginine, drinking only water, and then performed a cycling test. For the test, the men pedaled for three minutes at 60 to 70 revolutions per minute (rpm) with no resistance, then maintained 60 rpm against a 90-watt resistance load for the next three minutes, then tried to maintain 60 rpm as the resistance load increased by 30 watts every three minutes.

The arginine group cycled 5.8 percent longer than placebo before exhaustion, an improvement that may seem small but is significant, doctors said.

**REFERENCE:** EUROPEAN JOURNAL OF SPORTS SCIENCE; 2015, VOL. 15, No. 4, 305-14

## Ahead of the Curve

### Early-Stage Discoveries: Caffeine, Spices and Herbs, and Sesame Oil

Good results in pilot studies lead to larger, human trials. Here are some of the most promising recent findings.

#### Caffeine and Alzheimer's

Those with Alzheimer's disease (AD) have a buildup of abnormal, fibrous proteins—called amyloid plaques—that interfere with nerve signals in the brain. Doctors reviewed caffeine studies that suggest a link to lower amyloid plaque buildup and reduced AD symptoms. Caffeine has anti-inflammatory properties that may play a role in reducing amyloid plaque buildup, and researchers suggest more study.

#### Spices, herbs, and CVD

Spices and herbs may reduce inflammation and improve lipids; factors in cardiovascular disease (CVD).

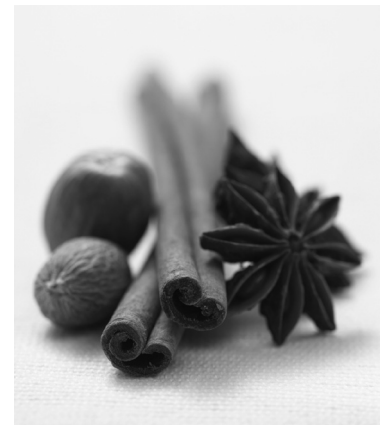
In this pilot study, six men ate the same meal with or without a blend of black pepper, cinnamon, clove, garlic powder, ginger, oregano, paprika, rosemary, and turmeric. After the meal, while there was no improvement in the non-spice group, those who ate spices and herbs saw a 13 percent increase in antioxidant levels, and saw insulin and triglyceride levels decrease by 21 and 31 percent, respectively.

#### Sesame oil for better breath

Rinsing the mouth with a teaspoon of sesame oil is a traditional Indian folk remedy for bad breath. In this study, 60 female students rinsed with a placebo, a chlorhexidine antibacterial solution, or

sesame oil. After three weeks, with little change for placebo, the sesame oil group saw lower levels of gingivitis, plaque, and bacteria similar to chlorhexidine.

**REFERENCE:** JOURNAL OF CAFFEINE RESEARCH; 2015, VOL. 5, No. 2, 61-4



# Shop Local

Shifting just 10% of your shopping to locally-owned businesses adds

**\$128 million a year**

to our local Tri-Cities economy.

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For every \$100 you spend at a national chain, the total local economic impact is only \$13, yet the same amount spent with local merchants yields \$45.

That's more than **3 times** the impact.

When you shop online **ALL** the money you spend is taken from our **LOCAL** economy.

A marketplace of more locally-owned businesses ensures greater innovation, competition and diversity in products and services.

Natural Foods Market has been locally-owned for more than 30 years.

## Splendid Salad

You can enjoy a portion of this large salad over a new bunch of fresh greens for one or two days. While you savor the flavors, please see page 1 for a new study that found those who got the most whole grains and cereal fiber in the diet extended their lives.

### Ingredients:

3 c cooked bulgur or quinoa	$\frac{1}{2}$ c Kalamata olives, chopped
1 c fresh raw corn off cob	$\frac{1}{4}$ c fresh lemon juice
1 lb yellow and red cherry tomatoes, halved	$\frac{1}{2}$ c olive oil
1 c fresh parsley, chopped	1 tsp salt
$\frac{1}{2}$ c fresh mint, chopped	$\frac{1}{2}$ tsp black pepper
2 tbsp fresh dill, chopped	1 large bunch arugula or your favorite leafy greens
1 c red onion, chopped	

**Directions:** Combine bulgur, corn, tomatoes, and mix gently. Add remaining ingredients, except greens, and toss well. Serve over your favorite greens.

## 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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