

NATURE'S FOOD PATCH Market & Café® CLEARWATER • *Downtown* DUNEDIN

Natural Insights for Well Being®

May 2022

Immunity

Vitamin D, omega-3s, and probiotics support immune function

Vitamin D, omega-3s reduce autoimmune disorders

The immune system sometimes mistakenly attacks healthy cells, resulting in autoimmune disorders such as rheumatoid arthritis, thyroid impairment, psoriasis, and inflammatory bowel. In this large study, doctors reviewed records of 25,871 men and women, average age 67, who took 2,000 IU of vitamin D per day by itself, with a placebo, or with 460 mg of EPA plus 380 mg of DHA; took the omega-3s with a placebo; or took a placebo only, for an average of 5.3 years.

Those taking vitamin D were 22 percent less likely to develop an autoimmune disease compared to placebo, and those taking omega-3s were 15 percent less likely. During the final three years of the study, those who combined vitamin D with omega-3s saw 30 percent fewer cases than placebo.

Doctors said, "Until now we have had no proven way of preventing autoimmune diseases, and now for the first time, we do."

Probiotics reduce viral load in Covid

Doctors wanted to know if probiotics influence Covid through changes in the gut, or by interacting directly with the immune system. In



this study, 293 outpatients with mild Covid symptoms took a placebo or a combination of four lactobacillus probiotic strains for 30 days.

All participants survived, none were hospitalized, with 53 percent of those taking probiotics in complete remission compared to 28 percent for placebo. The probiotics group also reported fewer days with symptoms including fever, aches, cough, shortness of breath, and gut discomfort.

The probiotics group also had higher levels of SARS-CoV-2 immune antibodies IgG and IgM, as well as lower levels of the inflammatory factor, high-sensitivity C-reactive protein.

Rather than change the microbiome, probiotics activated immune antibodies in IgG and IgM that neutralized the Covid spike proteins.

REFERENCE: THE BMJ; 2022, PUBLISHED ONLINE, ARTICLE ID 066452

MAY'S

Healthy Insight Quercetin for Covid

In this study, doctors wanted to see if quercetin could prevent Covid-19, and gave a placebo or 250 mg of quercetin twice per day to 120 healthcare workers. Every three weeks, and at the end of the three-month study, participants took a rapid Covid diagnostic test.

Overall, one-in-60 taking quercetin contracted Covid compared to 4-in-60 for placebo. Complete remission was twice as fast for quercetin; seven days compared to 15 days for placebo. After five months, infection-free survival was 99.8 percent for quercetin and 96.5 percent for placebo.

Doctors said those taking quercetin were 14 percent more likely to stay healthy, and credited the phytochemicals in quercetin for its anti-Covid effect.

REFERENCE: LIFE; 2022, VOL. 12, NO. 1, 12010066

This Issue

GARLIC AND PROBIOTICS IMPROVE BLOOD PRESSURE AND LIPIDS	2
OMEGA-3 AND SELENIUM EXTEND LIFE	2
FLAVONOIDS EXTEND LIFE, VITAMINS A, B1, AND B3 AID DEPRESSION	3
EARLY-STAGE DISCOVERIES IN NUTRITION	3
RESVERATROL IMPROVED KNEE FUNCTION IN OSTEOARTHRITIS	4

Lipids

Garlic and probiotics improve blood pressure, lipids

Aged garlic extract improved blood pressure

People with high cholesterol often have elevated blood pressure, a major factor in heart and circulatory conditions. In this study, 67 adults with moderately elevated total cholesterol levels, and high LDL cholesterol levels, aged at least 18, took a placebo or 250 mg of aged garlic extract per day for six weeks. Participants paused for three weeks, then switched groups.

After the first six-week phase, those taking the garlic extract saw lower diastolic blood pressure (DBP) levels. Men in particular, with DBP levels above 75 mmHg, saw an average decline of 5.85 mmHg compared to placebo.

Commenting on the findings, doctors said a 5 mmHg decrease in

DBP reduces chances of dying from stroke or other circulatory events by 30 to 40 percent and, “To the best of our knowledge, this is the first report of the DBP-reducing effect of aged garlic extract based on diet and healthy lifestyle without the mandatory use of drugs.”

Lactobacillus plantarum improved lipids

In this study, 16 adults with high cholesterol took a placebo or 10 billion colony-forming units of the probiotic *Lactobacillus plantarum* per day.

After six weeks, those in the probiotics group saw total cholesterol levels decline by an average of 34.6 percent; LDL cholesterol decline by 28.4 percent, and non-HDL cholesterol

decline by 17.6 percent. The main protein in LDL, Apolipoprotein B (ApoB), which doctors use to gauge chances for heart and circulatory events, declined by 28.6 percent.

REFERENCE: NUTRIENTS; 2022, VOL. 14, NO. 3, 405



Circulation

Omega-3s and selenium extend life

Omega-3s reduced low-grade chronic inflammation

Doctors wanted to see if low-grade, chronic inflammation, known as “subclinical” inflammation (SI), raised chances for heart and circulatory events



in older, otherwise healthy adults. In this study, doctors measured omega-3s in the diets of 4,804 men and women, aged at least 60, whose levels of the inflammatory factor—high-sensitivity C-reactive protein—ranged between 3 and 10 mg per liter of blood (mg/L). Chances for heart and circulatory events increase at these levels, according to the American Heart Association and the U.S. Centers for Disease Control.

Doctors divided participants into four groups: those with circulating omega-3 levels below 0.3 percent; from 0.3 to below 0.6 percent; from 0.6 to 0.9 percent, and 1.0 percent or above. For men and women, the tendency to have SI began as omega-3 levels fell below 0.8 percent, with chances for SI decreasing as levels of omega-3s increased.

Selenium improved longevity in type 2 diabetes

Selenium is a component of proteins that help synthesize DNA and protect from oxidative damage and infection, among other essential functions. In this study, doctors measured selenium in 3,199 participants with type 2 diabetes, and followed up for an average of 12.6 years. Selenium levels were between 89 and 182 mcg per liter of blood.

Overall, as levels of selenium increased, chances for dying from any cause decreased, including heart disease, with those with the highest selenium levels 64 percent less likely to die compared to those with the lowest levels.

REFERENCE: NUTRIENTS; 2021, VOL. 13, NO. 2, 338

Mind & Mood

Flavonoids extend life; vitamins A, B1, and B3 for depression

Flavonoids in Parkinson's disease

Doctors in this study measured flavonoids in 1,251 men and women newly diagnosed with Parkinson's disease (PD) and followed up for an average of 33 years. Every four years, participants completed a food-frequency questionnaire from which doctors calculated flavonoids. Flavonoids ranged from 134 to 673 mg per day.



Compared to those with the lowest levels, those who got the most flavonoid anthocyanins were 66 percent less likely to have died during the study. Good levels of flavan-3-ols, polymers, berries, and red wine also increased chances of survival.

In this first diet study to examine mortality in PD, "It is possible flavonoids lower chronic neuro-inflammation levels and interact with enzymes to slow neuron loss, protecting against cognitive decline and depression," doctors concluded.

Vitamins reduce depression from heavy metals

Populations in South Korea have experienced rapid industrialization and urbanization, exposing them to

high concentrations of heavy metals such as cadmium, lead, and mercury. In this study, doctors measured metals exposure and diet through surveys of 16,371 participants between 2009 and 2017.

Women with high exposure were more likely than men to be depressed. Overall, when cadmium levels doubled, chances for depression increased by 21 percent, but when levels of vitamins A, B1, and B3 doubled, chances for depression decreased by 8, 17, and 20 percent, respectively.

"The rapid decrease in depression from vitamins A, B1, and B3 in those with cadmium exposure is remarkable," doctors concluded.

REFERENCE: NEUROLOGY; 2022, VOL. 98, NO. 10, ARTICLE ID 13275

MAY'S

Ahead of the Curve

Early-Stage Discoveries: Cannabidiol, Vitamin K2, Green Tea Extract

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

Cannabidiol inhibits Covid replication

Doctors in this lab study found cannabidiol (CBD) inhibited SARS-CoV-2 infection in human and mouse lung epithelial cells. High concentrations of CBD acted after the virus entered cells, preventing it from reproducing copies of viral RNA—a completely unexpected result.

Discussing the findings, doctors said, "This study highlights CBD as a potential preventative agent for early-stage SARS-CoV-2 infection," and emphasized the study CBD was a non-THC medical formulation extract from cannabis sativa.

Vitamin K2 promotes circulation in kidney failure

People with chronic kidney disease (CKD) are unable to remove phosphate through the kidneys, allowing deposits of calcium plus phosphate to develop in blood vessels. Doctors can treat with phosphate binders, but these also bind with vitamin K2, leading to K2 deficiency. In the lab, vitamin K2 plus phosphate-binding treatment significantly reduced blood vessel and artery calcification in rats deficient in vitamin K2.

Doctors said, "K2 is the only known compound to impact vascular calcification, potentially improving cardiovascular health."

Green tea and Down syndrome facial features

Children with Down syndrome (DS) who took green tea extracts with EGCG in the first three years of life had fewer facial malformations than are typical in DS. In the first lab phase, 60 percent of mice with DS that took green tea EGCG had facial shapes similar to healthy subjects.

In the second, human phase, children with DS who took green tea extract during the first three years of life had more normal facial shapes than children with typical DS facial malformation.

REFERENCE: SCIENCE ADVANCES; 2022, VOL. 8, NO. 8

MONTHLY SALE DAYS!

Seniors Day!



**10% OFF
ENTIRE STORE**
FOR SENIORS AGES 60+*

**The 1st
Wednesday**

NATURE'S

FOOD PATCH
Market & Café

CLEARWATER
1225 Cleveland St
727.443.6703

Downtown DUNEDIN
966 Douglas Ave
727.304.1010

naturesfoodpatch.com

*See website for disclaimers.

Wellness Day!



FOR EVERYONE

ALL wellness
ON SALE!
SUPPLEMENTS
& BODY CARE 10% OR MORE*

**The 3rd
Wednesday**

Better Knees

Resveratrol improved knee function in osteoarthritis

First study of oral resveratrol for OA

Most standard treatments for osteoarthritis (OA) of the knee focus on relieving pain, but do nothing to slow the progression of the condition, and have many side effects. In this open-label study, 28 people, half with mild, and half with moderate OA of the knee, took 500 mg of resveratrol per day. There was no placebo group.

After 90 days, participants reported significantly improved symptom scores on two standard osteoarthritis questionnaires: VAS and KOOS. The improvements in joint pain, stiffness, and knee function began at 30 days and continued throughout the study.

Resveratrol was well-tolerated with no major side effects.

Discussing the findings, doctors said this is the first study to report oral resveratrol, as a single therapy, provides a remarkable improvement in the clinical status of OA of the knee, with the potential to reduce long-term degenerative joint damage.

REFERENCE: BIOMED RESEARCH INTERNATIONAL;
VOLUME 2021, ARTICLE ID 3668568



Your Good News!®

We're dedicated to discovering the benefits of good nutrition and healthy lifestyle, and hope this issue of Natural Insights for Well Being® informs and inspires you to take an active role in your health. Please ask us to assist you with any natural products you would like to know more about.

These articles provide nutritional information only and do not replace professional medical advice.

♻️ Printed on Recycled Paper ©2022 RI