
EAT-RITE NEWS

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Eating Strawberries and Blueberries Cut Heart Attack Risk In Women

Data from a massive study known as the Nurses' Health Study (NHS) II provides additional support for the heart protective effects of a high intake of dietary anthocyanins. In this study, 93,600 women 25 to 42 years of age who were healthy at baseline (1989) filled out food-frequency questionnaires every 4 years. Recent analysis showed that a combined intake of >3 servings a week of blueberries and strawberries was associated with a 34% decreased risk of having a heart attack compared to those consuming the berries once a month or less.

One of the interesting findings was that this protective effect of blueberries and strawberries was noted even in women who otherwise ate a diet rich in other fruits and vegetables indicating the results are likely due to the anthocyanins. Other rich sources of anthocyanins are thought to provide the same benefits including other berries such as cranberry, bilberry, raspberry, and blackberry; as well as blackcurrant, cherry, eggplant peel, black rice, Concord grape, muscadine grape, red cabbage, and red-fleshed peaches.

Cassidy A, Mukamal KJ, Liu L, et al. High anthocyanin intake is associated with a reduced risk of myocardial infarction in young and middle-aged women. *Circulation*. 2013 Jan 15;127(2):188-96.

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Ip6: Nature's Revolutionary Cancer Fighter

Ip6 is a component of fiber that is found primarily in whole grains and legumes. It appears that the cancer protective effects of a high fiber diet are due to the presence of higher levels of Ip6. However, although Ip6 is found in substantial amounts in the fiber component of whole grains and beans, supplementation with purified Ip6 and the proper amount of inositol offers several advantages:

- In foods, Ip6 exists primarily as a poorly absorbed form because it is complexed with protein and minerals like calcium, magnesium, or potassium to form a salt.
- Studies have shown that pure Ip6 IS significantly more bioavailable than the Ip6 found in whole grains and beans.
- When properly combined with inositol, Ip6 forms 2 molecules of Ip3 in the body. It is the Ip3 that plays an important role in controlling key cell functions including replication and the communication between cells.

Ip6 is extremely safe based upon extensive animal testing and human studies. In fact, no side effects have been reported even at very high dosages. Experimental studies have also shown it can be used in combination with conventional cancer treatments such as radiation and chemotherapy.

Dietary Ip6 is thought to be a chief factor in a high fiber diet that prevents the progression of prostate cancer to a clinical stage. To test this hypothesis, researchers at the University of Colorado fed one group of mice who had prostate cancer IP6 while a second group of mice that also had prostate cancer served as a control group. The researchers then monitored the progression of prostate cancer in both groups of mice using magnetic resonance imaging (MRI). The results were dramatic, as the mice given IP6 had markedly reduced tumor volumes. The researchers attributed the major anticancer effect to the ability of Ip6 to effectively turn off signals within cancer cells that trigger growth as well as inhibit the growth of blood vessels that can feed the cancer cells. Thereby, not only turning off the cancer cells growth, but also robbing the needed nutrients that the prostate tumor would need in order to divide and multiply. While the study focused only on mice and not on human subjects, it adds to a body of research indicating the importance of Ip6 as an anticancer agent.

Gu M, Roy S, Raina K, Agarwal C, Agarwal R. Inositol hexaphosphate suppresses growth and induces apoptosis in prostate carcinoma cells in culture and nude mouse xenograft: PI3K-Akt pathway as potential target. *Cancer Res*. 2009 Dec 15;69(24):9465-72.

BioQ10 SA – A New Form of Coenzyme Q10 for Advanced Absorption

Coenzyme Q10 (CoQ10) is an essential antioxidant and component of the mitochondria, which is found deep in every human cell. CoQ10 plays a critical role in the manufacture of ATP, the energy currency of all body processes. A good analogy for CoQ10's role is similar to the role of a spark plug in a car engine—just as the car cannot function without that initial spark, the human body cannot function without CoQ10.

Although CoQ10 can be synthesized within the body, there are a number of circumstances in which the body simply does not make sufficient amounts, especially for people over 50. Deficiency could be a result of impaired CoQ10 synthesis due to poor diet, a genetic or acquired defect in CoQ10 synthesis, or increased tissue needs. In addition, statin drugs like Lipitor, Zocor and Crestor are known to lower CoQ10 production.

Principal Uses of CoQ10

Given the central role of CoQ10 in mitochondrial function and cellular antioxidant protection, there are so many conditions in which CoQ10 supplementation may offer nutritional support, including:

- General antioxidant
- Cardiovascular health
- Blood sugar control
- Male fertility
- Antioxidant defense against damage to brain cells
- Improved energy production in the macular portion of the eye

New Data

Until recently, CoQ10 as a dietary supplement has only been available in the ubiquinone form. While ubiquinol has greater solubility, and as a result greater bioavailability than regular powdered forms of ubiquinone, there's a new form of ubiquinone that's combined with a non-GMO soy peptide. New BioQ10 SA has shown exceptional bioavailability as the soy peptide emulsifies the CoQ10 and helps usher it into the bloodstream. Given the excellent absorption of this form of ubiquinone, the advantage of ubiquinol over regular ubiquinone appears to have more to do with its improved solubility than because it is in the ubiquinol form. Another advantage of using BioQ10 SA over ubiquinol is that comparative studies have shown that it provides the same degree of absorption at about half the price.

Reference:

Takeda R, Sawabe A, Nakano R, et al. Effect of various food additives and soy constituents on high CoQ10 absorption. Japanese Journal Medicine Pharmaceutical Science 2011;64(4):614-20.

Does Drinking Diet Soda Lead to Depression?

The common belief is that consumption of artificial sweeteners will lead to a reduction in the calories consumed. If true, this would then lead to weight loss or prevention in weight gain. Unfortunately, this effect is not what happens. Detailed studies have not shown these artificial sweeteners reduce the amount of calories consumed or to have any significant effect on body weight. In fact, some studies have actually shown artificial sweeteners, especially aspartame, may actually increase appetite.

Aspartame (trade names NutraSweet and Equal) is composed of aspartic acid, phenylalanine, and methanol. It was approved for food use by the FDA in 1981 despite the final recommendation of the FDA Advisory Panel on aspartame that no approval be granted until safety issues could be resolved. Richard Wurtman, the pioneer in the study of nutrition and the brain, cautioned the FDA that, based on his extensive research, aspartame could significantly affect mood and behavior. His warning has proved prophetic.

The results of a new study conducted by researchers at the National Institutes of Health (NIH) will be presented at the American Academy of Neurology's 65th Annual Meeting in March, 2013. According to a press release, this study will show that adults who drink artificially sweetened beverages (diet drinks) have an increased risk of depression. The study involved 263,925 people between ages 50 and 71 years at enrollment. From 1995 to 1996, consumption of drinks such as soda, tea, fruit punch and coffee was evaluated. In 1995 to 1996, the primary artificial sweetener used in beverages was aspartame. At a 10-year follow-up, participants were asked whether they had been diagnosed with depression since the year 2000. A total of 11,311 depression diagnoses were made. The researchers found that people who drank more than four cans or cups per day of diet soda or other diet beverages were 30% more likely to develop depression than those who drank no soda. Drinking 4 cans/cups per day of regular soda or sweetened beverage was associated with a 22% increase in depression. **The bottom line is that consumers need to be staying away from all artificial sweeteners and look to nature for low-calorie sweeteners instead.**

Chen H, Guo X, Park Y, et al. Sweetened beverages, coffee and tea in relation to depression among older US adults. Am Acad Neurol. AAN 65th ANNUAL MEETING ABSTRACT.