
EAT-RITE NEWS

April 2013

Health Screening & Blood Testing, April 22nd & 23rd

Space is limited so sign up early to reserve your time.

Health Partners of Oklahoma City will be here April 22nd and 23rd to do blood work and health screening. This is a great opportunity for you to have your blood work done at a very good price, without a doctor visit, and the other expenses that you go through in order to have blood work done through your physician. The laboratory is a certified lab that conducts blood analysis for major hospitals in the Oklahoma City area. The testing that is available to you is:

1. Heart Disease Risk, diabetes, Liver and kidney disease, including homocysteine body chemistry profile, and complete lipid analysis. \$45.00
2. Prostate cancer (PSA) \$30.00
3. CA-125 (ovarian cancer) \$35.00
4. Vitamin D level \$75
5. Colon Cancer \$20.00
6. CRP (Creactive protein level for inflammation) \$30.00
7. Thyroid disease \$30.00
8. Hgb-A1c (90 day glucose average) \$25.00
9. Hormone profile (estradiol, progesterone, testosterone)\$150.00
10. Progesterone level \$50.00
11. Estrogen \$50.00
12. VAP extended lipid test \$75.00

This is the eighth time that Health Ministries Association has come to Eat-Rite to offer these services. It is a fantastic opportunity to have quality blood work done at an inexpensive price. Homocysteine measurements alone can cost \$200 to \$300 alone.

All blood testing is done by appointment only.

Call 353-7476 for your appointment today!!!

Magnesium Supplementation in Women with Severe Hot Flashes:

Background:

Women who survive breast cancer often experience severe hot flashes as a result of anti-estrogen treatment with the drug tamoxifen. These hot flashes can be extremely uncomfortable and not amenable to usual treatments due to the concern that physicians may have about the estrogenic activity of hormone replacement therapy as well as the natural remedies like soy isoflavones and herbal approaches. A new study shows a simple alternative in magnesium supplementation, which is a very effective and presumably very safe therapy for these women.

Magnesium deficiency is extremely common in Americans. Low magnesium levels are thought to contribute to the development of hot flashes by making blood vessels more sensitive to hormonal changes. By supplementing with magnesium, blood vessels become more stable thereby eliminating the hot flashes experienced by many women in these circumstances.

NEW DATA:

In a study involving 25 breast cancer patients (on average: 53.5 years; 8 on tamoxifen, 9 on aromatase inhibitors, 14 on anti-depressants) experiencing at least 14 hot flashes each week, supplementation with magnesium (400mg/day for 4 weeks, increasing to 800 mg/d if needed, which occurred in 17 patients) was found to be associated with a significant reduction in frequency/week of hot flashes (from 52.2 to 27.7, a 41.4% reduction and hot flash score from 109.8 to 47.8, a 50.4% reduction). More than half of the patients were found to have a greater than 50% reduction in hot flashes score and 76% were found to have a greater than 25% reduction. Reductions in fatigue, sweating and distress were all significant.

Allergies Have You Down!

Why is it that some people can walk through a field of daisies and experience a lessening of the stresses of modern life, yet another may react with all the stress associated with a debilitating **allergic response**?

Why is it that some people are able to enjoy playing with a cat or a kitten and not experience an allergy to the animal's dander, yet the same experience for another person may result in sneezing, itchy and watery eyes or inflammation?

Well, the answer lies in your immune system's ability to interact with the environment. Because of the potential to react with an allergic response, millions of people unfortunately remain resigned in the belief that their only solution is to avoid everyday experiences like these.

The basic role of the **immune system** is to differentiate between your body and your surrounding environment. It must be able to distinguish between what is normal and what is an intrusion in the body. Examples of this can be the protein found in shellfish causing an **allergic reaction** to shellfish. The first time you eat it the body doesn't recognize it as foreign, but the second time the body rejects it completely, causing swelling of the tongue, rapid heart rate, and difficulty breathing. This is called an **immune response**.

An allergen is a complex sugar or protein molecule that triggers a response from your **immune system**. Following initial exposure to an allergen your immune system produces antibodies to the allergen, which allow it to be recognized, if in the future, you are re-exposed to it. This type of cellular programming is called acquired immunity.

Upon recognizing an antigen, the mast cells, located throughout the mucosal lining of the body, are responsible for the release of **histamines**; histadines, heparin, serotonin and other inflammatory substances called prostaglandins. This process results in the activation of the appropriate **immune response**, as well as resulting in local and remote **inflammation**. It is the mast cells located throughout the mucosal lining of your body's digestive or respiratory systems that are involved in most food and airborne allergies. Once mast cells encounter an **allergen**, the metabolic process, which leads to **inflammation**, is then activated.

Mast cell walls contain arachidonic acid, which is converted into **histamine**, histadines and other inflammatory compounds whenever and wherever a **pro-inflammatory** response is needed. Whenever arachidonic acid is released from the wall of the mast cell, it is then acted upon by enzymes which form the compounds which underlie many inflammatory conditions, including; **psoriasis, asthma, migraines, rheumatoid arthritis, sinusitis, colitis, etc.**

It is important for the body to be able to activate this process during times of illness, but it is also important that the body has the ability to turn this process off and regulate itself through the production of **anti-inflammatory** compounds. These anti-inflammatory compounds are produced from **Essential Fatty Acids**, particularly omega 3 EFA's, that are also stored within the mast cell wall. One problem for many of us in our culture today is that our intake of **Essential Fatty Acids** is too low to provide our bodies with the necessary materials needed to turn off the

Inflammation. Supplementing our bodies with **Flaxseed oil**, and eating a diet higher in omega 3 fatty acids, gives our bodies the fuel to turn off the inflammatory process.

When mast cells are activated, they release inflammatory compounds into the blood stream and to the surrounding tissue, this process is referred to as degranulation. Mast cells may become unstable and excessively hypersensitive to their environment and degranulate without the appropriate stimulus.

There are many herbal and nutritional supplements that have been used over the years as anti-inflammatory. **Quercetin with bromelain, vitamin C, and bioflavonoids** is a wonderful anti-inflammatory product. It helps to stabilize the mast cells preventing the degranulation and the subsequent allergy attack. Adelle Davis refers to allergies as being stress diseases. In her book Let's Get Well, she talks about the correlation of a **B vitamin, pantothenic acid, vitamin C** deficiency and adrenal exhaustion causing allergic reaction. The adrenal glands are responsible for the production of corticosteroids, which help prevent inflammation. By supplementing with a **B-Stress complex with vitamin C** you can help rebuild the adrenal glands and therefore prevent allergies. **Thym-Adren** is a nutritional product that is designed to help support the immune system and the adrenal glands. By supporting the immune system, you help the body's response to allergens, and turning off the release of histamines. The adrenal support of the **Thym-Adren** helps support the adrenal gland and the production of corticosteroids, which help reduce the inflammatory pathway.

Protocol for allergy prevention and treatment:

1. **ThymAdren**
2. **Stress B complex**
3. **Quercetin**
4. **Flax Seed Oil**

88.1 Guymon, 88.3 Amarillo 88.5 Vernon
88.7 Borger 90.3 Wheeler
91.3 Red River, NM 92.3 Farwell, TX
88.1 Canadian, 88.3 Childress, TX
88.3 Elk City 91.1 Plainview, TX
91.9 Pampa, 91.9 Perryton, TX
91.9 Memphis, 91.7 Hereford, TX
94.9 Tulia, TX 106.1 Dumas,

Be sure and tune in every Thursday at 5:00pm for the Eat-Rite Wellness Hour.

**Save 15% Off Total Purchase
When you buy All 4 Allergy
products Thym-Adren, Stress B
Complex, flax seed oil, and,
Quercetin,**

One Time use. Offer expires 4/30/2013