
EAT-RITE NEWS

September 2013

Health Screening & Blood Testing, October 7th & 8th

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

Health Ministries Association of Oklahoma City will be here October 7th and 8th 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. \$50.00
2. Prostate cancer (PSA) \$35.00
3. CA-125 (ovarian cancer) \$40.00
4. Vitamin D level \$80.00
5. Free Testosterone \$100.00
6. CRP (Creactive protein level for inflammation) \$35.00
7. Thyroid disease \$35.00
8. Hgb-A1c (90 day glucose average) \$35.00
9. Hormone profile (estradiol, progesterone, testosterone)\$155.00
10. Progesterone level \$65.00
11. Estrogen \$65.00
12. VAP extended lipid test \$80.00

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!!!

Blood Pressure Drugs Increase Risk For Breast Cancer

More than 60 million Americans have high blood pressure (high BP) including more than half (54.3%) of all Americans age 65 to 74 years old and almost three quarters (71.8%) of all American blacks in the same age group. High BP is a major risk factor for a heart attack or stroke. In fact, it is generally regarded as the most significant risk factor for a stroke.

Drugs to lower blood pressure are among the most commonly prescribed medicines in the U.S. More than 678 million blood pressure prescriptions were filled in 2010. All of the current classes of blood pressure lowering drugs possess significant side effects. A new study indicates that women taking blood pressure lowering drugs called calcium-channel blockers, like Norvasc (amlodipine) for 10 years or more had a 2.5 times higher risk of developing breast cancer than those who never took the medicine or who used other blood pressure treatments.

Each year about 100 million prescriptions are filled for calcium-channel blockers. Calcium-channel blockers lower blood pressure by preventing calcium from entering cells thereby relaxing blood vessels. Since calcium is required in the function of nerve transmission and muscle contraction, the effect of blocking the calcium channel is to slow down nerve conduction and inhibit the contraction of the muscle. In the heart and vascular system, this action results in reducing the rate and force of contraction, relaxing the arteries, and slowing the nerve impulses in the heart. Although calcium channel blockers have been shown to lower the risk of stroke, they have also been shown to produce an increased risk for heart attacks.

Although much better tolerated than beta-blockers, ACE inhibitors, and diuretics – other popular drug categories for high blood pressure – calcium channel blockers still produce some mild side effects including constipation, allergic reactions, fluid retention, dizziness, headache, fatigue, and impotence (about 20% of users). More serious side effects include disturbances of heart rate or function, heart failure, and angina.

New Data:

Previous studies have indicated that blood pressure lowering drugs may increase the risk for certain cancers. To evaluate associations between use of various classes of blood pressure medications and risks of invasive ductal and invasive lobular breast cancers among postmenopausal women, a study was conducted in the Seattle-Puget Sound metropolitan area. Participants were women aged 55 to 74 years, 880 of them with invasive ductal breast cancer, 1027 with invasive lobular breast cancer, and 856 with no cancer serving as controls. Results demonstrated that use of calcium-channel blockers for 10 or more years was associated with significantly higher risks of both ductal breast cancer and lobular breast cancer. This relationship did not vary appreciably by type of calcium-channel blocker used. In contrast, use of diuretics, beta-blockers, and ACE inhibitors were not associated with risk of breast cancer. The relative risk for developing breast cancer was 2.5 times (250%) greater among users of calcium channel blocking drugs. These results provide a significant cause of concern and underline the importance of using alternative therapies for blood pressure control in women, preferably non-drug therapies. All of the current classes of blood pressure lowering drugs possess significant side effects. Every effort should be made to control blood pressure through diet, lifestyle modification, and the proper use of natural products. For more information on natural products and diet changes that can help lower your blood pressure, visit with our Dietitian or one of our nutritionist.

Reference: Li CI, Daling JR, Tang MT, et al. Use of Antihypertensive Medications and Breast Cancer Risk Among Women Aged 55 to 74 Years. *JAMA Intern Med.* 2013 Aug 5. doi: 10.1001/jamainternmed.2013.9071.

Watch for upcoming classes in October for blood screening interpretation.

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.

There are many herbal and nutritional supplements that have been used over the years as anti-inflammatory. **Quercetin with bromelain, vitamin C, and bioflavanoids** 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. **Xlear Nasal Wash**

**Save 15% Off Total Purchase
When you buy All 4 Allergy products
Thym-Adren, Stress B Complex,
Quercetin, and Xlear Nasal Wash**

Offer Expires September 30, 2013. Must present Coupon

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