



The Natural Foods Alternative.

# Natural Insights for Well Being®

August 2014

## Better Body

Proteins with exercise improved body composition in two new studies

### Whey protein and exercise

“There is something unique about whey protein when it comes to building lean body mass and maintaining or losing weight,” doctors said. Researchers analyzed 14 studies covering 626 generally healthy adults who took whey protein with or without exercise.

In five studies where whey protein replaced calories, participants lost an average of 9.2 pounds of body weight. In nine studies of whey protein with resistance exercise, participants who took whey protein increased lean body mass by an average of 4.9 pounds.

Discussing their findings, doctors said there is a growing body of research that supports the benefits of whey protein for maintaining weight and increasing lean body mass.

### Soy-dairy protein blend

Amino acids form proteins that help build muscle. Transporting amino acids into muscle and keeping them there longer after exercise can help build and repair muscle. In this study, 16 healthy participants, aged 19 to 30, took a soy-dairy protein drink, or whey protein alone, one hour after exercise. The soy-dairy formula included 25 percent each soy protein isolate and whey protein isolate and 50 percent caseinate.

The soy-dairy protein continued to



transport amino acids into muscle one hour longer compared to whey protein alone. Also in the soy-dairy group, the level of amino acids remained elevated in leg muscle during the post-workout recovery period, suggesting prolonged muscle building activity with the soy-dairy protein combination.

Doctors said more consumers are beginning to recognize how important protein is for overall health and well-being, and that this study shows that a soy-dairy supplement may improve muscle fitness for everyone from the casual exerciser looking to maintain health to the serious sports enthusiast seeking better performance.

REFERENCE: JOURNAL OF THE AMERICAN COLLEGE OF NUTRITION; 2014, VOL. 33, No. 2

AUGUST'S

## Healthy Insight Healthy Weight with Pistachios

Doctors in this study compared 48 healthy women, average age 21, who either consumed up to 20 percent of daily calories from pistachios, or who did not eat pistachios, for 10 weeks. While there were no changes in the non-pistachio group, women who ate pistachios saw mild decreases in total and LDL cholesterol, triglycerides, blood pressure, and waist circumference compared to the start of the study.

Presenting their findings at the 2014 Experimental Biology Conference, researchers concluded that consuming up to 20 percent of daily calories by eating pistachios tended to maintain or improve lipid profiles and did not cause weight gain.

REFERENCE: FASEB JOURNAL; 2014, Vol. 28, No. 1, 640.6

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# Healthy and Happy

## Nutrients help protect the brain and mood

### Vitamin E protects the brain

The brain is made of grey and white matter, which store and retrieve information, respectively. Lesions, or damage, in white matter can slow or halt information retrieval, and can be a sign of more serious conditions including decreased brain volume, memory and vision loss, dementia, and Alzheimer's disease.

In this study, 88 volunteers with white matter lesions and higher chances of cardiovascular problems took 200 mg of mixed vitamin E tocotrienols twice per day or a placebo. After two years, the placebo group had a larger area of white matter with lesions while lesions in the vitamin E group remained stable.

Discussing their findings, doctors said this is the first clinical trial to show vitamin E tocotrienols slow progress of white brain matter lesions, and that

vitamin E may help minimize injury to brain tissue in those who have a stroke.

### Omega-3s reduce depressive symptoms

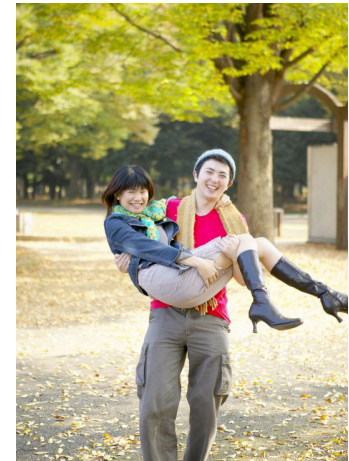
Prior studies found fewer depressive symptoms in those with higher levels of omega-3s. In this study, doctors evaluated 1,746 men and women over a six-year period. Researchers found low levels of the omega-3s EPA and DHA were common in the group.

Comparing omega-3 levels to depressive symptoms, while there was a small benefit in men, women with the highest levels of circulating omega-3s were half as likely as women with the lowest levels to have depressive symptoms.

Doctors said there may be a link between chronic inflammation and

depression, and that omega-3s support an anti-inflammatory response while omega-6s are more pro-inflammatory. Comparing levels of omega-3s to omega-6, as omega-3s increased, depressive symptoms decreased.

REFERENCE: STROKE; APRIL, 2014, PUBLISHED ONLINE



## Iron Women

### Iron aids women and their children

#### Iron boosts physical performance

Women of reproductive age are more likely to be deficient in iron and anemic, which impairs physical exercise performance. Researchers analyzed 22 iron and exercise studies and found that overall compared to placebo, women who took iron had greater aerobic and exercise capacity. Also, compared to

placebo, women who took an iron supplement had lower heart rates measured at the same level of physical exertion.

#### Iron improves birth weight

Women who are pregnant are more likely to have iron-deficiency anemia, raising chances for their newborns to be low birth weight and premature. Researchers analyzed 48 studies covering 17,793 women who took from 10 mg to 240 mg of iron per day or a placebo, and another 44 studies that measured iron in the diets of 1.8 million women.

Overall, women who took iron supplements had higher levels of hemoglobin—iron-containing protein—than those who did not, and were

half as likely to be anemic. For every 10 mg increase in iron per day, chances of anemia declined by 12 percent.

Looking at births, women taking iron were 19 percent less likely to give birth to a low-weight baby, and their babies weighed 41.2 grams more on average than those of women who did not take iron. Doctors also found for each 10 mg increase in iron per day, birth weight increased by 15 percent and chances for low birth weight declined by 3 percent.

#### Note to vegetarians

Vegetarians need to take 1.8 times their U.S. RDA for iron.

REFERENCE: JOURNAL OF NUTRITION; APRIL, 2014, PUBLISHED ONLINE



# Those Pearly Whites

## Two nutrients help preserve teeth and gums

### Omega-3s and gum health

Two of the most common oral problems are inflamed gums, known as gingivitis, and infected gums, or periodontitis, which causes bone loss and may signal heart problems. Because



omega-3s protect against heart disease, doctors wanted to test for a link to periodontitis.

In the study, 60 otherwise healthy volunteers with moderate to severe chronic periodontitis took 300 mg of omega-3s per day, or a placebo. Both groups had dental scaling and root planing treatments.

After 12 weeks, compared to placebo, the omega-3 group had better gingivitis scores, less gum bleeding, and pocket depths between the teeth had shrunk by half.

### Vitamin D for dental health

Doctors, government agencies, and medical and dental societies have been arguing for decades whether or not vitamin D helps prevent tooth decay. In an effort to resolve the issue, researchers

reviewed 24 clinical trials that took place from the 1920s through the 1980s, covering 2,827 children. Most of the studies preceded modern-day placebo-controlled design.

These shortcomings aside, combining all results, doctors found that vitamin D supplements appeared to reduce the chances of tooth decay by 47 percent.

Discussing their findings, researchers said the results suggest, with a low degree of certainty, that vitamin D reduces the chances of tooth decay. Because of the lack of studies more recent than the 1980s, doctors suggest new trials to bolster these preliminary findings and build confidence that vitamin D does indeed prevent tooth decay.

**REFERENCE:** JOURNAL OF PERIODONTAL AND IMPLANT SCIENCE; 2014, VOL. 44, NO. 1, 25-32

## Ahead of the Curve

### Early-Stage Discoveries: Lemon Aroma, Lemon, and Tart Cherry Juice

Here are some of the most promising recent findings from the lab and small pilot studies.

#### Lemon scent reduced nausea in pregnancy

Women who are pregnant commonly have nausea and vomiting. In this study, 100 pregnant women inhaled the aroma from lemon essential oils or a placebo at the first sign of nausea. After four days, nausea, vomiting, and heave intensity had subsided much more for the lemon group than for placebo.

#### Lemons lowered blood pressure

Earlier studies have found lemon flavonoids lower blood pressure. In this study, 101 women, aged 33 to 77, consumed lemons and wore a pedometer

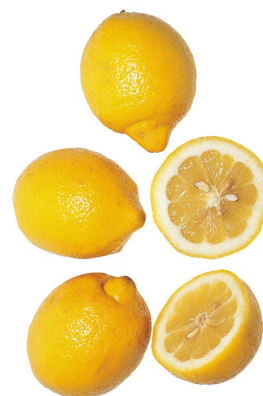
to keep count of their number of walking steps per day, over one winter from September to March. Women who consumed the most lemon, and women who walked farthest, had lower systolic blood pressure than women who ate less lemon or walked less.

#### Tart cherry juice improved sleep

Montmorency tart cherry juice is a natural source of melatonin, the hormone that helps regulate sleep. In this study, seven older adults with insomnia took 8 ounces of tart cherry juice, twice per day, for two weeks, and then repeated this with a placebo

beverage. During the tart cherry juice phase, average sleep time increased by 90 minutes per night.

**REFERENCE:** IRANIAN RED CRESCENT MEDICAL JOURNAL; 2014, VOL. 16, NO. 3, E14360





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AUGUST'S

## Recipe

# Pistachio Pesto

**Here's a great, guilt-free way to enjoy a satisfying meal with delicious, healthy pistachios. Please see page 1 for a new study that found those who consumed pistachios as 20 percent of their diets didn't gain weight.**

**Ingredients:**

5 c basil, cleaned and dried  
1/2 c Romano cheese, grated  
1/3 c pistachios, shelled  
1-2 cloves garlic, peeled  
1/3 c olive oil



**Directions:** Put everything except the olive oil into a food processor. Blend, slowly adding oil until texture is how you like it. Serve over hot pasta. Double the recipe and freeze the extra in ice cube trays for a quick, tasty seasoning sauce!

## Thanks for shopping with us!

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