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# Natural Insights for Well Being®

February 2018

## Bone

Nutrients ease osteoarthritis, reduce fracture

### Pycnogenol absorbs into synovial fluid

Synovial fluid lubricates and cushions joints, protecting them from friction and wear. Earlier studies found Pycnogenol® reduced pain in osteoarthritis, but this is the first study to reveal a possible mechanism of action.

In this study, 33 people with severe osteoarthritis scheduled for knee replacement surgery took 200 mg of Pycnogenol per day or no supplements for three weeks prior to surgery. Doctors found the type of polyphenols in Pycnogenol present in samples of synovial fluid in the Pycnogenol group but not in the non-supplement group.

Discussing the findings, doctors said this is the first evidence that polyphenols distribute to the synovial fluid of those with osteoarthritis, and may help explain the action of Pycnogenol.

### Magnesium reduces fracture

Evidence has been mounting that magnesium increases bone mineral density, but until now studies linking magnesium and chances of fracture have been inconclusive.

In this study, doctors measured magnesium in the diets of 3,765 people, average age 61, over a follow-up period of eight years. Those who got the most magnesium on average from food and supplements—398 mg per day for men,



373 mg per day for women—were 53 and 62 percent, respectively, less likely to have developed a bone fracture compared to men and women who got the least magnesium in the diet.

Based on these findings, and because magnesium is both safe and affordable, doctors suggest public health officials consider recommending taking magnesium supplements as a preventative against bone fracture in the general population.

REFERENCE: NUTRIENTS; 2017, VOL. 9, NO. 5, 443

FEBRUARY'S

## Healthy Insight Walnuts Reduce Metabolic Syndrome

People with metabolic syndrome can have excess fat around the waist, high blood pressure and sugar. In this study, doctors measured the diets and lifestyles of 1,265 adults, aged 19 to 74. After adjusting for differences in smoking, exercise, and family history, those who got at least five servings per week of walnuts—a serving is about an ounce—were 32 percent less likely to have metabolic syndrome compared to those who got one or fewer weekly servings of walnuts. Doctors also found that chances for metabolic syndrome declined 3 percent for each additional weekly serving of walnuts.

REFERENCE: NUTRIENTS; 2017, VOL. 9, NO. 10, 1056,  
PUBLISHED ONLINE

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# Mom's Mood

## Nutrients ease depressive symptoms during, after pregnancy

### Probiotics postpartum

In this study, 380 women between 14 and 16 weeks pregnant began taking lactobacillus rhamnosus or a placebo daily through six months after giving birth. Doctors asked the women to report their symptoms of depression and anxiety by recalling when their child was one to two months old.

Compared to placebo, women taking the probiotics reported significantly fewer symptoms of postpartum depression, and had lower anxiety scores on standard depression and anxiety tests. Moms whose babies had colic reported higher depression and anxiety scores than mothers of non-colicky babies, but probiotics still significantly reduced both depression and anxiety in these women.

Commenting on the findings, doctors said, "The results are astonishing—that one capsule containing lactobacillus rhamnosus could have such an important effect."

### Prenatal omega-3s

Prenatal depression is common in pregnant women, with effects in both the mothers and their children. In this study, doctors measured omega-3 levels in 16 healthy pregnant women and 17 pregnant women with prenatal depression.

Overall, women with prenatal depression had lower levels of omega-3s, and a higher ratio of omega-6 to omega-3, compared to the healthy pregnant women. Looking more closely, women with prenatal depression had

lower levels of the omega-3s EPA and DHA, and higher levels of a sign of inflammation.

Doctors said the brain is rich in omega-3s which regulate biological processes that directly affect mood and cognitive function, and that these findings support the connection between omega-3 fatty acids and healthy mood in pregnancy.

REFERENCE: JOURNAL OF EBIOMEDICINE; OCTOBER, 2017, VOL. 24, 159-65



# Better Metabolism

## Nutrients improve metabolic efficiency

### Capsaicinoids boost metabolic rate

At rest, the body burns about 60 percent of total calories per day. Doctors thought if they could increase the resting metabolic rate, participants would lose more weight.

In this study, 40 men and women took a placebo or 2 mg of capsaicinoids per day while doctors remotely measured energy expenditure and heart rate at rest through a tracking device at one, two, and three hours.

After five months, while the placebo group had not changed, those taking capsaicin had an increased metabolic rate equal to burning an extra 116 calories per day, and losing one pound of fat over 30 days. There were no differences in heart rate in either group.

### Vitamin C improves metabolic measures

In this study, doctors measured vitamin C levels in 369 adults age 50 and found most fell below the adequate level of 50 micromoles of vitamin C per liter of blood.

Those with higher vitamin C levels tended to have lower weight, body mass index scores, triglycerides, long-term average blood sugar levels, and smaller waist size. Doctors also found a direct link: as vitamin C levels increased, signs of mild cognitive impairment decreased.

Even though participants got an average of 110 mg of vitamin C per day—which should have provided adequate vitamin C levels—many participants had inadequate levels, possibly due to factors such as chronic health conditions.

Commenting on the findings, doctors said that consuming more fruits, vegetables, and vitamin C supplements in particular is important for people in this age group.

REFERENCE: ADVANCES IN NUTRITION; 2017, VOL. 8, NO. 5, PUBLISHED ONLINE



# Better Performance

## Nutrients increased athletic performance capacity and muscle strength

### Ginkgo biloba, endurance and cognition

Ginkgo biloba leaves contain flavonoids and polyphenolic compounds that may enhance physical and cognitive performance. In this study, 18 healthy,



physically active young men took a placebo or 160 mg of ginkgo biloba per day for six weeks.

Before and after the supplement period, the men performed a graduated cycling test that measured maximum oxygen capacity. Both groups saw an increase in oxygen capacity between the two test periods, but the ginkgo biloba group increased 6 percent compared to 1 percent for placebo. The ginkgo group also saw an increase in antioxidant capacity, and an increase in a protein that influences a number of brain functions, including stimulating growth of new neurons and synapses—nerves and nerve-signaling pathways.

### Creatine increased strength

In this study, 17 male high school canoeists maintained their basic training

program and diet while adding 5 grams of creatine monohydrate powder plus 5 grams of dextrose powder, dissolved in water four times per day with meals and before bed.

Before taking creatine and after six days of the supplement, the canoeists took a bench rowing test. After creatine, maximum upper body strength increased and fatigue recovery time decreased.

Doctors were particularly interested in a muscle function known as post-activation potentiation, or PAP, which means that the force of a muscle increases after it contracts. PAP recovery times decreased after taking creatine.

Discussing the findings, doctors said creatine effectively increases muscle efficiency and develops muscle strength.

REFERENCE: NUTRIENTS; 2017, VOL. 9, NO. 8, 803

FEBRUARY'S

## Ahead of the Curve

### Early-Stage Discoveries: Extra Virgin Olive Oil, Lactobacillus, and Black & Green Tea

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

#### Extra virgin olive oil protects the brain

In the lab, doctors added olive oil to the diets of mice with several brain characteristics of Alzheimer's disease (AD). After six months, olive oil reduced brain inflammation and increased a process of clearing out cell debris and intercellular toxins, such as the amyloid plaques and fibrous nerve (neuron) tangles found in AD. Doctors also found the synapses that form the connections between neurons were preserved after olive oil was added to the diet.

#### Lactobacillus reduced symptoms of lupus

Lupus is an autoimmune disorder characterized by chronic inflammation of multiple organs. In an earlier study, doctors discovered that mice with lupus had decreased amounts of lactobacillus in the gut microbiome. In this lab study, adding lactobacillus to the gut improved kidney function, reduced inflammatory factors in the gut, and extended survival. Doctors also found that lactobacillus repaired and reversed leaky gut, where the intestinal wall lining becomes thin and permeable.

#### Black and green tea, microbiome and weight loss

In the lab, obese mice that got black or green tea lost weight after four weeks on a high-fat diet. Doctors also found beneficial changes in the gut microbiome. Gut bacteria associated with obesity decreased, and gut bacteria associated with lean body mass increased. Discussing the findings, doctors said, "The results suggest that both green and black teas are prebiotics that induce growth of good gut microorganisms."

REFERENCE: ANNALS OF CLINICAL AND TRANSLATIONAL NEUROLOGY; 2017, VOL. 4, NO. 8, 564-74

# Shop Local

Shifting just 10% of your shopping to locally-owned businesses adds

**\$128 million a year**  
to our local Tri-Cities economy.

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For every \$100 you spend at a national chain, the total local economic impact is only \$13, yet the same amount spent with local merchants yields \$45.

That's more than **3 times** the impact.

When you shop online ALL the money you spend is taken from our LOCAL economy.

A marketplace of more locally-owned businesses ensures greater innovation, competition and diversity in products and services.

Natural Foods Market has been locally-owned for more than 30 years.

## Walnut Pesto

This pesto is so delicious, you'll want to make a double recipe. Please see page 1 for a new study that found people who ate about five ounces of walnuts per week were much less likely to develop metabolic syndrome.

### Ingredients:

1 small bunch of kale (~6 leaves)  
1/4 c walnuts  
1-2 cloves garlic  
Juice and zest from 1 organic lemon  
1/4 c extra virgin olive oil  
Salt and pepper to taste  
1/4 c grated parmesan cheese – or –  
nutritional yeast for vegans



**Directions:** Place kale, walnuts, garlic, lemon zest and juice in a food processor, pulse to desired consistency, then add olive oil in a steady stream until fully combined. Scrape into serving bowl and gently mix in cheese or nutritional yeast. Serve over pasta, veggies, or grilled meats or fish.

## 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.

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