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Natural Insights for Well Being®

June 2017

Muscle

Nutrients promote muscle in adults and aid recovery after exercise

L-carnitine, l-leucine, creatine

Muscle mass and strength naturally decline with age. In this study, 42 healthy adults, age 55 to 70, took a placebo, or 1,500 mg of l-carnitine with or without 2,000 mg l-leucine, 3,000 mg creatine, and 400 IU vitamin D3, per day.

After eight weeks, muscle mass, strength, and mobility were stable in the l-carnitine group while declining slightly for placebo. Those taking the carnitine-leucine-creatine-vitamin D combination saw total lean muscle mass increase by an average of 2.2-pounds, leg lean muscle mass increase by 11.2 ounces and, compared to placebo, lower leg strength 2.2 pounds greater.

Discussing the findings, doctors said the supplements likely built lean muscle mass and lower leg strength by increasing the ability of the body to synthesize protein, and that taking these nutrients beyond eight weeks may further enhance physical performance in healthy older adults.

Cranberry aided exercise recovery

Inflammation and oxidation can slow recovery after intense exercise. In this study, 16 members of the Polish Rowing Team took a placebo or 1,200



mg of cranberry extract for six weeks. The team performed a strenuous 1.24-mile rowing test before and two weeks after taking the supplements.

After the second test, several types of inflammation had increased only for placebo, including signs of systemic inflammation, muscle cell damage, and excess levels of a hormone in the liver that can interfere with iron stores in the blood.

Doctors also measured antioxidant levels and found those taking cranberry extract had significantly higher total antioxidant capacity at rest, after exercise, and after recovery.

Taking cranberry extract before strenuous exercise can boost total antioxidant capacity, help control inflammation, and reduce oxidative stress during and after recovery.

REFERENCE: NUTRITION & METABOLISM; 2017, PUBLISHED ONLINE

JUNE'S

Healthy Insight Hot Chili Pepper Extends Life

In this study, 16,179 people, 18 years old or more, reported their diets over the prior month. Over a follow-up period of seven years, those who consumed hot red chili pepper were 13 percent less likely to have died from any cause compared to those who did not consume hot red chili pepper.

The strongest link was to better vascular health. Doctors said capsaicin, the heat-giving compound in pepper, may activate cell mechanisms that help prevent obesity and regulate blood flow. Capsaicin also has anti-microbial properties that may help rebalance the gut microbiome.

REFERENCE: PLOS ONE; JANUARY, 2017, No. 0169876

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Healthy Weight

Nutrients reduce inflammation and improve health factors in obesity

Prebiotics

In an earlier study by these doctors, the prebiotic oligofructose reduced the desire for food, increased satiety, and promoted safe weight loss in obese participants. In this follow-up study, 37 obese people from the earlier trial took a placebo or 7 grams of oligofructose three times per day.

After 12 weeks, levels of an inflammatory bacterial toxin linked to gut imbalance and obesity were 40 percent lower in the oligofructose group while increasing 48 percent for placebo. Doctors also saw levels of a blood clotting factor decrease nearly twice as much in the oligofructose group compared to placebo.

Doctors believe this is the first study to show that prebiotics may enhance circulation, and may help rebalance the

gut microbiome to reduce chances for obesity and its complications.

Omega-3s

Chronic low-grade inflammation usually accompanies obesity, increasing chances for health complications. In this study, 59 women with obesity were on a calorie-controlled diet while taking a placebo or 1,800 mg of EPA with DHA per day.

After three months, while the placebo group had not changed, women in the omega-3 group had significantly higher circulating levels of EPA and DHA, far fewer signs of low-grade inflammation, and lower fasting levels of triglycerides and insulin.

Omega-3 fatty acids appear to combat chronic low-grade inflammation by combining with cellular enzymes

to reduce pro-inflammatory proteins.

Doctors said the findings suggest a role for EPA and DHA in managing obesity, maintaining a healthy metabolism, and reducing chances of health conditions related to inflammation.

REFERENCE: OBESITY RESEARCH JOURNAL; 2017, VOL. 25, No. 3, 510-13



Healthy Kidneys

Nutrients delay onset and reduce chances of kidney disease

Folic acid

People with chronic kidney disease (CKD) often have elevated levels of homocysteine, an inflammatory factor linked to folate deficiency. In this study, 15,104 participants with moderate or chronic kidney disease continued to take

enalapril to slow its progress, with or without 800 mcg of folic acid per day.

Over an average 4.4 years of follow-up, those taking folic acid were 21 percent less likely to see the condition progress compared to those who took enalapril alone. Among those who began the study with CKD, 3.3 percent of those taking folic acid saw the condition progress compared to 6.8 percent for enalapril alone.

The greatest folic acid benefit appeared in those who started the study with mild to moderate CKD, where chances of the condition progressing were reduced by 56 and 44 percent, respectively.

Vitamins and minerals

A Mediterranean-type diet contains health-protecting nutrients

and antioxidants. In this study, doctors measured the diets of 1,692 people, average age 43, all of whom began the study without kidney disease.

After 3.6 years of follow-up, those who consumed the most vitamin B12, vitamins C, D, or E, magnesium, or potassium individually, were 43 to 62 percent less likely to have developed chronic kidney disease (CKD) compared to those who consumed the least of these nutrients. Those who consumed good amounts of all these nutrients combined saw 50 to 60 percent lower chances of developing CKD.

Doctors did not find any other nutrients delayed progress of the condition, but higher levels of sodium increased chances for CKD.

REFERENCE: JAMA INTERNAL MEDICINE; 2016, VOL. 176, No. 10, 1443-50



Breathe!

Nutrients reduce pneumonia, improve asthma control

Vitamin E reduced pneumonia in smokers

In this study, 7,469 males, age 50 to 69, who began smoking at age 21 or later, took a placebo or 75 IU of vitamin E per day. Over a follow-up period of five to eight years, among those who smoked between 5 and 19 cigarettes per day—“light” smokers—



and who exercised casually, chances for developing pneumonia were 69 percent lower for vitamin E compared to placebo.

About one-third of participants quit smoking at some point during the study period. For these former smokers, chances for developing pneumonia were 72 percent lower compared to placebo, even among those who had been “heavy” smokers—20 or more cigarettes per day—or those who did not exercise.

Doctors said the evidence that vitamin E can prevent pneumonia in older male smokers is strong, and suggest more study in non-smokers.

Black cumin helps control asthma

Doctors know that people with

asthma often have difficulty being consistent with conventional asthma medications. Earlier studies showed black cumin seed oil has benefits in inflammatory conditions such as asthma. In this study, 60 people with asthma took a placebo or 500 mg of black cumin seed oil twice per day.

After four weeks, asthma control test scores had improved more for those taking black cumin seed oil compared to placebo. Doctors also measured levels of eosinophils, the white blood cells that increase as the body fights inflammatory conditions. Eosinophil counts were more than three times lower in the black cumin group compared to placebo, a result doctors said was “a remarkable normalization.”

REFERENCE: CLINICAL INTERVENTIONS IN AGING; 2016, VOL. 2016, No. 11, 1379-85

Healthy Kids

Vitamin D and probiotics help keep kids healthy

Vitamin D for IBS

In irritable bowel syndrome (IBS), the intestine looks normal, but does not function normally. In this study, doctors reviewed 55 cases of IBS in children and young adults, age 6 to 21, and compared them to 116 healthy children and young adults.

Overall, 90 percent of those with IBS were deficient in vitamin D, which doctors defined as less than 75 nanomoles per liter of blood, or 30 nanograms per milliliter of blood. A majority of the healthy participants—75 percent—also were deficient in vitamin D. Anxiety, depression, and migraine headache often accompany IBS, and those with IBS and migraine had much lower vitamin D levels compared to healthy participants.

Discussing the findings, doctors said children with IBS and low levels of vitamin D are more likely to have decreased bone mass and recommend measuring and supplementing vitamin D levels in those with IBS.

Probiotic reduced strep throat

A variety of viruses and bacteria can cause sore throat (pharyngitis), making it one of the most common infections. In this study, 48 kids with a recent history of acute pharyngitis—strep throat—took the probiotic streptococcus salivarius K12 during a nine-month follow-up period.

Overall, episodes of strep throat decreased from 154 before the study to 16 episodes during the study, or 90 percent fewer episodes of strep throat.

Doctors also compared the 48 children with recent strep throat to 76 kids who had relatively few recent incidents and found those taking the probiotic were 75 to 100 percent less likely to experience a range of ear, nose, and throat infections.

REFERENCE: PLOS ONE; 2017, VOL. 12, No. 3, E0172183



Shop Local

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

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

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.

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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.

Fresh Salsa Picante

While you are having fun making and enjoying this fresh salsa, please see page 1 for a new study that found those who ate hot red chili pepper outlived those who did not.

Ingredients:

- 2-3 medium organic tomatoes, coarsely chopped
- ½ c red or Vidalia onion, coarsely chopped
- 1-2 jalapeno peppers, seeded and halved (depending on heat level you prefer)
- 3 tbsp lime juice, freshly squeezed
- 1 tbsp chili powder
- 1 clove garlic
- ½ tsp kosher or sea salt
- 4-5 drops hot pepper sauce
- ½ c fresh cilantro, coarsely chopped



Directions: Combine all ingredients in a food processor and blend to desired smoothness. Pair with your favorite beans and brown rice, grilled meats, veggies, or tofu, or enjoy dipping with corn chips!

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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