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# Natural Insights for Well Being®

June 2019

## Ease Migraine

Probiotics and ginger reduced headache pain and frequency

### What is migraine?

Unlike a common tension headache, where blood vessels contract, in migraine, doctors believe blood vessels dilate, often causing visual aura effects in addition to throbbing pain.

Symptoms can last for hours and up to days, and may include extreme sensitivity to light and sound, nausea and vomiting. Those who experience 14 or fewer episodes per month have “episodic” migraine, while those with 15 or more have “chronic” migraine.



less severe symptoms and less need for medication.

### Multi-strain probiotics

In this study, 79 people with fewer than 10, and up to more than 15, migraines per month, took a placebo or a multi-strain probiotic capsule with at least 2-billion live probiotics, twice per day.

After eight weeks, for those with the most-frequent migraines, the probiotics group reported nearly 10 fewer migraines per month compared to less than one fewer for placebo. The probiotics group also reported less severe symptoms, shorter duration, and less need for medication.

In those with lower-frequency migraines, after 10 weeks, while the placebo group had not significantly improved, the probiotics group reported 2.6 fewer migraines per month, with

### Ginger extract

This study took place in a hospital emergency room, where 60 people with lower-frequency migraines were admitted for intravenous treatment with the NSAID ketoprofen, plus either a placebo or 400 mg of ginger extract.

Participants kept track of their symptoms from the time they arrived at the ER, and each half-hour after treatment, through two hours. Beginning at one hour after treatment and continuing through two hours, compared to placebo, those taking ginger reported significantly lower levels of migraine pain, fewer visual symptoms, were better able to function physically and mentally, and said they were happier with their treatment.

REFERENCE: CEPHALALGIA; 2019, JANUARY 8, PUBLISHED ONLINE

JUNE'S

## Healthy Insight Avocado Improves Metabolics

In this study of 31 overweight or obese, non-smoking men and women, aged 25 to 60, with elevated fasting blood sugar levels, participants did not eat avocado, extra virgin olive oil, or other phytonutrient-rich foods for three days before eating a test meal. Also, 24 hours before the test, did not take alcohol, caffeine, or exercise. The test was repeated three times: with a half avocado, a whole avocado, and an energy-matched meal with no avocado.

After the avocado meals, blood sugar levels were lower, insulin responses better, blood vessel linings were more relaxed, triglycerides and very-low-density lipoproteins were lower, and HDL levels higher, compared to the non-avocado meal.

REFERENCE: NUTRIENTS; 2018, VOL. 10, No. 9, 1287

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# Breathe!

## Nutrients reduced COPD, improved respiratory fitness

### Vitamin D for COPD

In chronic obstructive pulmonary disease (COPD), it is difficult to breathe fully, with symptoms at times becoming more acute, called exacerbations, which require medication. In this review of three vitamin D studies, covering 469 men and women, aged 40 to 86, with moderate to very severe COPD, doctors administered a placebo or doses of vitamin D from 36,000 IU to 100,000 IU per month.

The primary purpose of the studies was to measure the rate of COPD exacerbations that required treatment with corticosteroids, antibiotics, or both.

Overall, while there were no changes in those who began the study with vitamin D levels greater than 25 nanomole per liter of blood, or 10 nanograms per milliliter of blood,

those who began the study with lower levels of vitamin D and who took vitamin D during the study saw rates of exacerbations requiring medication drop by 45 percent.

### Spirulina increased oxygen capacity

Spirulina contains over 50 vitamins and minerals including phytonutrients, carotenoids, chlorophyll, and protein. In this study, doctors divided 52 overweight or obese sedentary men into one of four groups: physical exercise only, exercise with spirulina, spirulina without exercise, and neither spirulina nor exercise.

Compared to the no exercise/ no spirulina group, the three other groups lost more body fat and increased maximum oxygen capacity. Both

spirulina groups lost weight, saw increased time to fatigue during exercise, and had a slower buildup of lactic acid—high levels of which can cause a sensation of muscle burning—indicating more efficient use of oxygen.

REFERENCE: BMJ JOURNALS-THORAX; 2018, 212092, PUBLISHED ONLINE



## Healthy Kids

### Nutrients improve physical and mental health in youths

#### Olive extract, vitamin E, and NAFLD

Excess fat that accumulates in the liver is the most common liver ailment in children, called non-alcoholic fatty liver disease (NAFLD). Earlier studies suggest oxidative stress, often due to obesity, metabolic syndrome, and type

2 diabetes, is a factor. In this study, 70 adolescents with NAFLD took a placebo or 7.5 mg of hydroxytyrosol (HXT)—the antioxidant phenol in olive leaf and olive oil—plus 15 IU of the antioxidant vitamin E, per day.

After four months, while there was no change for placebo, the olive/vitamin E group had significantly less resistance to insulin, lower triglyceride levels, and improvements in fat composition of the liver. Levels of the antioxidant glutathione also increased, and there were fewer signs of oxidative stress.

Discussing the findings, doctors said the metabolic improvements from natural products without the adverse effects from pharmacologic agents like metformin suggest a promising combined antioxidant therapy for childhood NAFLD.

#### Vitamin D deficiency and schizophrenia

In the womb, babies must rely completely on mothers' stores of vitamin D and, in new findings, those born deficient in D are more likely to develop schizophrenia later in life. In this study, doctors measured vitamin D levels at the time of birth in 2,602 newborns that went on to develop schizophrenia as young adults.

Those with the lowest levels of vitamin D at birth—less than 20.4 nanomole per liter of blood, or 8.16 nanograms per milliliter—were 44 percent more likely to develop schizophrenia as young adults compared to those born with normal vitamin D levels.

REFERENCE: ANTIOXIDANTS & REDOX SIGNALING; FEBRUARY, 2019, PUBLISHED ONLINE



# Heart Health

## Nutrients improve inflammation, cholesterol, and blood pressure

### Curcumin and fenugreek fiber

Obesity increases chances for heart problems, which can begin with systemic inflammation and imbalanced lipids. In this study, 22 men, aged 18 to 35, with body mass index scores of at least 30, took fenugreek fiber alone, or

along with 500 mg of curcumin per day. The men had no history of high blood pressure or blood sugar, heart attack, or diabetes.

After 12 weeks, levels of homocysteine, an inflammatory factor in heart disease, declined by 29.5 percent for the curcumin-fenugreek group while increasing 25.3 percent for fenugreek alone. Levels of HDL, the good cholesterol that protects the heart, increased 33.8 percent for the curcumin-fenugreek group while declining 20.2 percent for fenugreek alone.

pressure took a placebo or a daily dose of aged garlic extract (Kyolic®).

After 12 weeks, those taking aged garlic extract saw an average reduction in systolic blood pressure of 10 mmHg and 5.4 mmHg in diastolic blood pressure, compared to placebo. Those taking garlic also saw lower pressure in the central blood vessels and arteries that carry blood to and from the heart, as well as more flexible arteries. Also, those taking garlic had measurable increases in the gut probiotics lactobacillus and clostridia, signaling a more balanced microbiome.

Reviewing the results, doctors said aged garlic extract is safe for treating high blood pressure, with multiple benefits for heart and circulatory health.

REFERENCE: NUTRITION; JUNE, 2019, VOL. 62, 135-9



### Aged garlic extract lowers high blood pressure

Controlling high blood pressure helps protect the heart. In this study, 49 adults with uncontrolled high blood

# Better Metabolism

## Nutrients help control blood sugar and improve lipid profiles

### L. casei in type 2 diabetes

Recent research suggests a balanced gut microbiome is critical to maintaining health and managing chronic conditions such as type 2 diabetes. In this study, 40 normal weight to obese adults, aged 30 to 50, with type 2 diabetes, took a placebo or 100-million colony-forming units of the probiotic lactobacillus casei per day.

After eight weeks, for those taking probiotics, fasting blood sugar levels declined to 135.84 milligrams per deciliter of blood from 164.20, while increasing slightly for placebo. Long-term average blood sugar levels, or HbA1C, declined to 6.84 from 7.30 while increasing for placebo. Insulin levels and insulin resistance both declined for probiotics while increasing

for placebo. Weight, body mass index scores, and waist circumference also improved for probiotics.

### Berberine, silymarin, lipids, and blood sugar

Berberine and silymarin are plant-based compounds with immune enhancing properties. In this review of five placebo-controlled trials covering 497 adults, participants took doses of 500 mg or 1,000 mg of berberine per day plus 105 mg or 210 mg of silymarin per day, in studies lasting from three to 12 months.

Overall, those taking the berberine-silymarin combinations saw average reductions in triglycerides of 28 mg per deciliter of blood (mg/dL); total cholesterol down by 25 mg, LDL

cholesterol down by 29 mg, and an increase in HDL cholesterol of 6 mg/dL. Long-term average blood sugar levels declined by 7.5 mg/dL.

Doctors said combining berberine with silymarin can promote heart and metabolic health.

REFERENCE: PHYTOTHERAPY RESEARCH; JANUARY, 2019, PUBLISHED ONLINE



# 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.

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

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## Avocado Toast with Balsamic-Drizzled Heirloom Tomatoes

While you crunch and munch this scrumptious toast, please see page 1 for a new study that found people with elevated blood sugar levels lowered them after eating avocado.

Prep time: 10 minutes    Cook time: 15 minutes    Serves: 4

### Ingredients:

1/2 c balsamic vinegar	2 organic heirloom tomatoes, thinly sliced
4 slices of multigrain bread, toasted	
1-2 tbsp extra virgin olive oil	1/4 c fresh basil, chopped
1 large ripe organic avocado, mashed	Sea salt
	Freshly ground black pepper

**Directions:** Pour balsamic vinegar into a small saucepan. Bring to a boil over medium-high heat, whisking constantly. Reduce heat and allow to simmer 10 minutes until vinegar has reduced by half and is thick enough to coat the back of a spoon. Watch closely, as it burns easily. Brush the warm toasted bread with the olive oil, spread on a layer of mashed avocado. Place a few slices of tomato, sprinkle basil over top, and drizzle balsamic reduction. Season to taste with sea salt and black pepper.

## 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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