



Nutley Nutrition Center News

January, 2019



Better information for living, naturally



Digestive Issues? Please join us for a special presentation

If you have any of these symptoms:

- Bloating
- Fullness not related to meals
- Feeling overly full after a meal
- Feeling full too quickly when eating
- Inability to finish a normal meal
- Feeling like food just “sits there”
- Belching
- Abdominal rumblings
- Nausea
- Upset stomach, pain or discomfort in upper belly after eating
- On a PPI or H2 blocker
- Have SIBO

We are pleased to offer a free presentation regarding a patented combination of nutritional extracts which have been clinically studied to help improve the issues mentioned above.

Friday, January 25th, 6:30 pm
Nutley Nutrition Center
Refreshments served

Please call 973-667-9446 for more information or to reserve a (free) spot!

Nutley Nutrition Center

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The information herein is not intended as a substitute for medical diagnosis or treatment. Anyone who has a serious disease should consult a physician before initiating any change in treatment or before beginning any new treatment.

Healthy Digestion

Nutrients lower rates of, and protect against, colorectal cancer

Coffee

Coffee contains several bioactive compounds doctors believe may protect against colorectal cancer. In this study, doctors compared coffee in the diets of 5,145 people with colorectal cancer to 4,097 healthy men and women. Participants reported how much coffee, espresso, instant, decaffeinated, and filtered coffee they drank. Doctors also considered family history of cancer, smoking, diet, and lifestyle choices including physical activity.

Men and women who consumed one to two servings—usually 8 ounces and 100 mg of caffeine—of coffee per day were 26 percent less likely to have developed colorectal cancer compared to those who drank less. Chances declined by 50 percent as people drank more than 2.5 servings per day. The type of coffee did not matter, including caffeinated and decaffeinated.

Doctors believe that in addition to caffeine, other antioxidant compounds in coffee may have preventive effects, including polyphenols, and melanoidins that form during the roasting process.

Reference: *Cancer Epidemiology, Biomarkers & Prevention*; April, 2016, Vol. 25, 634

Vitamin D

In this two-part study, doctors compared vitamin D levels in 112 people with colorectal adenomas to 112 similar healthy people. In the second part, doctors added findings from 14 other vitamin D/colorectal cancer studies. Together, the combined findings covered 5,454 affected people and 6,656 similar healthy people.

Overall, those with the highest circulating levels of vitamin D were 32 percent less likely to have developed colorectal cancer compared to those with the lowest levels of vitamin D.

Discussing the findings, doctors said vitamin D had the same preventive effect regardless of the location of the adenoma in the colon, and whether people lived in the United States or in Asia.

Reference: *World Journal of Gastroenterology*; 2015, Vol. 21, No. 29, 8868-77; Reference: *Cancer Epidemiology, Biomarkers & Prevention*; April, 2016, Vol. 25, 634

Healthy Vitamin D

Vitamin D for gut health, reduces chances for metabolic syndrome

Healthy gut

Because vitamin D has many positive effects on the body, doctors wanted to study vitamin D and gut health. In this pilot study, 16 men and women took 445 IU of vitamin D per pound of body weight per week for the first four weeks, then 222 IU per pound per week for the next four weeks. By the end of the study, vitamin D levels had increased by about 2.5 times, to 55.2 nanograms per milliliter of blood, an optimal level.

After taking vitamin D, levels of disease-causing bacteria had declined, including *H-pylori*, a common cause of stomach ulcer. Bad bacteria tend to grow in an inflammatory environment, and vitamin D appeared to reduce inflammation. Discussing the findings, doctors said vitamin D regulates the environment—or “microbiome”—in the upper gastrointestinal tract of the gut, which may explain its positive effects on inflammatory bowel disease and bacterial infection.

Reference: *European Journal of Nutrition*; June, 2016, Vol. 55, No. 4, 1479-89

Metabolic syndrome

Metabolic syndrome is a cluster of traits that include abdominal obesity, high blood pressure, and high cholesterol, similar to those in pre-diabetes. A type of bacteria in the gut, H-pylori, may predict metabolic syndrome. In this study, doctors measured vitamin D levels in 2,113 men and women and tested for H-pylori infection.

Men and women with H-pylori were 50 percent more likely to develop metabolic syndrome as those without. Doctors also found those who were low in vitamin D, with levels below 20 nanograms per milliliter of blood, were 42 percent more likely to develop the syndrome.

Participants who were both low in vitamin D and who had H-pylori were more than twice as likely (114 percent) to develop metabolic syndrome compared to men and women without H-pylori who had sufficient levels of vitamin D.

Reference: *Medicine* (Baltimore); May, 2016, Vol. 95, No. 18, e3616

Hope for PCOS

Nutrients improve symptoms in polycystic ovary syndrome

What is PCOS?

Polycystic ovary syndrome (PCOS) is a common endocrine disorder in women of child-bearing age, with symptoms including irregular periods, elevated male hormone levels, and enlarged ovaries. Untreated, the syndrome can lead to type 2 diabetes and other health problems.

Folic acid reduced inflammation

In this study, 69 women with PCOS, age 18 to 40, took a placebo, 1 mg of folate (folic acid) per day, or 5 mg of folate per day, for eight weeks. The doses were several times the U.S. recommended dietary allowance (RDA) for folate.

Doctors measured inflammation levels and signs of oxidative stress before and after the study. Women taking the 5 mg dose of folate saw significant decreases in inflammation including lower levels of homocysteine and C-reactive protein. The women in the 5 mg folate group also had a better ability to regulate and use insulin, and a significant increase in total antioxidant capacity, suggesting less oxidative stress.

Reference: *Clinical Endocrinology*; October, 2014, Vol. 81, No. 4, 582-7

Carnitine, glucose control, and weight loss

In this study, 60 overweight women with PCOS took 250 mg of carnitine per day or a placebo. After 12 weeks, while the placebo group had not improved or had deteriorated, women taking carnitine saw a 7.3 percent decrease in fasting blood sugar levels, and a 21.9 percent decrease in insulin levels.

Women in the carnitine group also lost an average of six pounds, or about 4 percent of body weight, saw a similar decline in body mass index scores, had nearly a one-inch decrease in waist size, and a 2.5 percent decrease in measurement around the hips.

Reference: *Clinical Endocrinology*; December, 2015, Published Online

Nutley Nutrition Center \$3 off purchase of \$20 or more	Nutley Nutrition Center \$6 off purchase of \$40 or more	Nutley Nutrition Center \$10 off purchase of \$50 or more	Nutley Nutrition Center \$20 off purchase of \$90 or more	Nutley Nutrition Center \$30 off purchase of \$125 or more	Nutley Nutrition Center \$5 off purchase of any food/ supplement combination \$35 or more
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Hours: Monday & Thursday 9:15-6:45; Tuesday, Wednesday, Friday & Saturday 9:15-5:45
Special Orders Available — We Ship Anywhere in the US