



Nutley Nutrition Center News

July, 2019



Better information for living, naturally



Indian Wisdom

Ancient Ayurvedic herb has body mass and heart health benefits

What is ashwagandha?

Ashwagandha, Sanskrit for “the smell of a horse”—meaning to impart the vigor and strength of a horse—is one of the most powerful herbs in Ayurvedic medicine. The herb contains many compounds with medicinal benefits including support for the immune system, high antioxidant properties, and as an “adaptogen,” which helps the body adjust to stress.



Weight loss and chronic stress

Chronic stress has a link to many health conditions, one of the most common being obesity. In this study, 52 adults under chronic stress took a placebo or 300 mg of ashwagandha twice per day.

After eight weeks, the placebo group had lost 1.5 percent of body weight compared to 3 percent weight loss for those taking ashwagandha. Body mass index scores also improved, with the placebo group improving 1.4 percent, and the ashwagandha group improving 3 percent.

Reference: JEBCAM; April, 2016

Cardio-respiratory endurance

Doctors wanted to test the effects on endurance and quality of life in healthy, athletic male and female adults. In this study, 50 healthy, athletic men and women, age 20 to 45, with normal body mass index scores between 18.5 and 24.9, took a placebo or 300 mg of ashwagandha root extract twice per day.

After eight weeks, compared to the start of the study, those taking ashwagandha saw an increase in maximum oxygen capacity 3.5 times greater than the placebo group. After 12 weeks, those taking ashwagandha saw a further 15 percent increase in maximum oxygen capacity, which was also three times greater than the increase in the placebo group. Those taking ashwagandha reported better psychological health and having more positive social relationships.

Reference: AYU Journal; 2015, Vol. 36, No. 1, PMC4687242

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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.

Heart

Nutrients extend life, help ensure a healthy childhood

Selenium and CoQ10 extend life



Every cell in the body needs selenium to function properly, and CoQ10 helps each cell produce energy. In this study, 668 healthy older adults took 200 mcg of selenium plus 200 mg of CoQ10 per day, a placebo, or no treatment.

Doctors divided each of the three groups into low, medium, and high-selenium based on how many micrograms of selenium per liter of blood they had at the start of the study.

In the group starting with the lowest circulating levels of selenium, those taking selenium supplements were 12 percent less likely to die from heart disease over the four-year study period compared to placebo or no treatment. In the middle-selenium group, chances were 8 percent lower in the selenium supplement group, and in the high-selenium group, chances were 4.5 percent lower for those taking selenium supplements.

Reference: PLoS-One; July, 2016

Fiber in infancy means healthier kids

Doctors measured fiber in the diets of 2,032 infants just over one year old. Following up five years later, at age six, doctors measured body fat, HDL cholesterol levels, triglycerides, insulin, and blood pressure, and combined into a cardio-metabolic factor score.

Each one-gram-per-day increase in dietary fiber increased HDL—the “good” cholesterol—and lowered triglyceride levels, and infants with higher fiber levels had better overall cardio-metabolic scores. Kids who got more fiber from whole foods such as potatoes, fruits, and vegetables had better cardio-metabolic scores than kids whose fiber came mostly from cereals.

Doctors said that even though the effects were modest, high fiber in infancy reduces the cardio-metabolic disease burden on society, and increases chances for a healthy adult life.

Reference: Nutrients; 2016, Vol. 8, No. 9, 531

Diabetes Update

Magnesium reduces chances for diabetes

Doctors who reviewed 18 diabetes studies said that good magnesium levels in the diet reduce chances of developing type 2 diabetes. In nine of the studies covering 670 people, those taking magnesium supplements had lower fasting blood sugar levels compared to placebo.

In three of the studies, covering 453 people, those who took a magnesium supplement had better blood sugar levels compared to placebo two hours after a meal. And, in five of the studies, doctors found those with better magnesium levels from diet and supplements had less insulin resistance.

Discussing the findings, doctors said taking magnesium supplements has a beneficial role, improves glucose handling in those with diabetes, and improves insulin sensitivity in those who have greater chances of developing type 2 diabetes.

Reference: European Journal of Clinical Nutrition; August, 2016

Better Athletes

Nutrients improve the body after exercise

Probiotics with protein aid recovery

In this exercise study, 29 recreationally trained men, average age 22, took a daily dose of 20 grams of casein protein alone or with a probiotic containing 1 billion colony-forming units of bacillus coagulans. After two weeks, the men completed a session of intense exercise meant to damage the muscles.

Immediately after, everyone had sore, swollen muscles and difficulty recovering, but within 24 hours, while the protein-only group had not improved, the probiotics group was recovering. By 72 hours, the probiotics group also had less soreness, which doctors confirmed by measuring fewer signs of muscle damage.

In a measure of strength, during the muscle-damaging exercise, the probiotics group maintained the same level of strength as at the start of the study, while the protein-only group did not. Doctors said the probiotic may have made the protein more absorbable, improving strength and accelerating recovery of physical performance.

Reference: PeerJ; July, 2016

Healthy Birth, Healthy Life

Nutrients delay aging, support healthy pregnancy

Vitamin C, folate, potassium and telomeres

Telomeres are the end-caps that protect each strand of chromosomes in every cell. Chromosomes contain the DNA instructions to reproduce a healthy cell, but each time a cell divides, telomeres shorten, eventually stopping cell division. The longer the telomere, the younger biological age of the organism.

In this study, doctors measured the nutritional value in the diets of 1,958 Korean men, age 40 to 69, and followed up 10 years later to measure telomere length. There were no differences in men over age 50, which doctors said was probably because the older participants got fewer nutrients overall. For men under age 50, those who consumed the most vitamin C, folate, and potassium had longer telomeres than men under 50 who got less of these three nutrients, indicating younger biological age.

Reference: Journal of Human Nutrition & Dietetics; August, 2016

Omega-3 and pre-term births

Taking the omega-3 fish oils DHA and EPA during the last half of pregnancy reduced pre-term births and increased birthweight. In this study, 2,399 pregnant women took a placebo or 800 mg per day of DHA plus 100 mg of EPA per day during the second half of pregnancy.

Women who took DHA with EPA had 51 percent fewer very-pre-term births compared to placebo, and several more post-term births, with fewer of the omega-3 infants needing neonatal intensive care. The omega-3 kids weighed an average of 2.5 ounces more than kids of moms who took the placebo. Also, fewer omega-3 children were low birth weight.

Doctors said the findings are important worldwide because, compared to pre-term babies, full-term babies are much more likely to survive and be healthy.



Reference: OCL Journal; 2016, Vol. 23, No. 1, D105

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