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Nutley Nutrition Center

NEWS

Better information for living, naturally

Diabetes Progress

Nutrients help control and improve the condition

Chromium picolinate and blood sugar

In this study, 71 people with type 2 diabetes and poorly controlled long-term average blood sugar levels took 600 mcg of chromium picolinate per day, or a placebo. After four months, the chromium picolinate group saw long-term average blood sugar (A1C) lowered by 1.9 while the placebo group declined 1.0.

The chromium picolinate group also saw fasting blood sugar levels decline by 31 mg/dL compared to 14 for placebo, and after-meal blood sugar levels were 37 mg/dL lower for chromium picolinate compared to 11.5 for placebo.

Discussing the findings, doctors said they don't know exactly how chromium picolinate improves blood sugar control but that research suggests chromium may play a role in insulin resistance and sensitivity by helping replace failing insulin receptor cells.

Reference: Journal of Trace Elements in Medicine and Biology; October, 2015, Vol. 32, 66-72

Berberine, blood sugar, lipids, and pressure

Doctors in this study reviewed 27 trials covering 2,569 people with type 2 diabetes, elevated lipids and blood pressure who typically took 500 mg of berberine two to three times per day or a placebo.

Overall, those who took berberine along with lifestyle interventions such as diet and exercise counseling had lower fasting, after-meal, and long-term average blood sugar levels. Berberine with oral lipid-lowering drugs lowered triglycerides more, and raised HDL—the “good” cholesterol—more than oral lipid drugs alone.

For blood pressure, those taking berberine together with lifestyle interventions tended to have lower blood pressure than either placebo or lifestyle interventions alone.

Reference: Journal of Ethnopharmacology; 2015, Vol. 161, 69-81

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Healthy Hearts

Nutrients lower chances for heart problems

NAC, inflammation, and blood pressure

Chronic inflammation, including elevated homocysteine levels, raises chances for heart disease. Earlier studies found B-vitamins can lower some inflammation factors, but not others. N-acetylcysteine (NAC) is an antioxidant earlier studies found lowered homocysteine, and possibly blood pressure.

In this study, researchers reviewed two NAC studies, one with 40 men with elevated lipid levels, and the other with 42 men with normal lipids. Both studies included smokers and non-smokers. The dose was 1,800 mg of NAC per day, or a placebo, for four weeks.

Homocysteine levels decreased by 4.1 percent in the placebo groups and by 11.7 percent for those taking NAC, regardless of lipid levels or smoking. While blood pressure did not change in the placebo groups, systolic blood pressure decreased significantly in all NAC groups. Diastolic blood pressure decreased in men with elevated lipid levels who took NAC, but not in men with normal lipids.

Reference: American Journal of Clinical Nutrition; October, 2015

CoQ10 with statin therapy

Doctors most often prescribe statin drugs for lowering LDL cholesterol levels. One of the side effects is muscle pain, possibly due to lower levels of CoQ10, a naturally occurring antioxidant in every cell.

In this study, doctors reviewed eight placebo-controlled trials that measured the effect of statin therapy on CoQ10 levels. All of those taking statins had lower levels of CoQ10, regardless of which of the four types of statin drug they were taking.

A new study is underway, using a dose of 600 mg of CoQ10 per day, or a placebo, to determine if CoQ10 can reduce muscle pain in those on statin therapy.

Reference: Pharmacological Research; September, 2015, Vol. 99, 329-36

Breathe!

Rhodiola improves lung function in COPD

COPD, or chronic obstructive pulmonary disease, gradually reduces lung capacity as airway sacs lose elasticity and inflammation thickens the surrounding walls. In other studies, rhodiola had anti-inflammatory effects and improved exercise endurance, which encouraged doctors to test against COPD.

In the study, 57 people with stable moderate to severe COPD, average age 70, took 250 mg of rhodiola crenulata twice per day, or a placebo, while continuing on standard treatment. Over the course of 12 weeks, the rhodiola group saw a 17.3 percent increase in the volume of air that enters the lungs during normal inhalation at rest, while the placebo group saw a 2.8 percent decrease.

The rhodiola group also increased the amount of exhaled carbon dioxide during an exercise test, an important improvement in the condition. Overall, those who took rhodiola had fewer acute episodes of coughing, wheezing, and shortness of breath, and doctors said rhodiola was safe as a complementary treatment in COPD.

Reference: PLoS One; 2015, Vol. 10, No. 6,

What Causes Dizziness?

Correcting vitamin D deficiency may help

Several earlier studies had found a link between vitamin D deficiency and sudden, non-life-threatening dizziness triggered by head movement, known as benign paroxysmal positional vertigo (BPPV), but no studies had tested treating with vitamin D supplements. In BPPV, calcium crystals embedded in the inner ear dislodge and flow into inner ear fluid, sending false movement signals to the brain.

In this study, 93 people with single-ear BPPV and vitamin D levels of 10 nanograms per milliliter of blood (ng/mL) or less, took 50,000 IU of vitamin D once every two weeks, plus 600 mg of calcium twice per day.

After three months, 14 percent of those whose vitamin D levels had increased by at least 10 ng/mL experienced a recurrence of BPPV compared to 43 percent of those whose vitamin D levels had increased less than 10 ng/mL, leading doctors to conclude that raising vitamin D levels can significantly reduce chances of BPPV recurring.

Reference: International Journal of ORL & HNS; September, 2015

Healthy Women

Nutrients lower cholesterol and chances for breast cancer

Iodine reduces cholesterol

The thyroid gland produces the hormone that regulates how quickly the body uses energy, and needs sufficient levels of iodine in order to do so. If thyroid hormone is low, the body will release thyroid-stimulating hormone (TSH) to prod the thyroid to produce more. Elevated TSH levels are linked to higher cholesterol levels.

In this study, doctors gave 163 iodine-deficient, overweight and obese Moroccan women 200 mcg of iodine per day, or a placebo. After six months, the iodine group had TSH levels 33 percent lower than placebo, and higher thyroid hormone levels. The iodine group also saw total cholesterol levels decline by 11 percent, and 21.5 percent had elevated cholesterol levels compared to 34.8 percent in the placebo group.

Reference: The Journal of Nutrition; 2015, Vol. 145, No. 9, 2067-75

Vitamin D and breast cancer

In 2002, doctors advised postmenopausal women on hormone replacement therapy (HRT) of an increase in chances for breast cancer. Earlier studies suggested vitamin D might protect against breast cancer, particularly estrogen-receptor positive tumors.

In this study, 57,403 postmenopausal women completed questionnaires every few years from 1990 to 2008, reporting on diet, vitamin D from supplements and diet, HRT, and other factors.

Overall, women who were currently taking vitamin D supplements were 18 percent less likely to have developed breast cancer compared to women who had used vitamin D in the past or to women who had never used vitamin D at all.

Doctors found the greatest benefit among women who had been on HRT and who continued taking vitamin D: chances for developing breast cancer were 26 percent lower.

Reference: American Journal of Clinical Nutrition; 2015, Vol. 102, No. 4, 966-73

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