



Nutley Nutrition Center News

April, 2019



Better information for living, naturally



YES! WE HAVE CBD OIL

Cognition

Nutrients aid cognition in young adults and children

EGCG and Down syndrome

Those with Down syndrome may have delayed physical growth, common facial features, and be cognitively immature. In this study, 84 people aged 16 to 34 with Down syndrome took a placebo or 4 mg of decaffeinated green tea epigallocatechin gallate (EGCG) per pound of body weight per day along with weekly online cognitive training.

After 12 months, compared to placebo, those taking EGCG were better able to remember and distinguish between objects, could more easily resist distraction, had greater ability to understand conceptual thinking, and could better function in social situations and use practical everyday skills. In reviewing brain scans, doctors also found greater connectivity between nerve cells.



Reference: Lancet Neurology; 2016, Vol. 15, No. 8, 801-10

Folate in mothers boosts baby's brains

Doctors know that folate prevents neural tube defects that can occur in early pregnancy but know little about the long-term effects of low folate on how a child may develop later in life. In this study, doctors performed a brain scan on 256 Dutch children between the ages of 6 and 8. Mothers of 62 of the children had folate levels that fell below 8 nanomoles per liter of blood—the minimum normal level—in early pregnancy.

Children of mothers whose folate levels were low during early pregnancy were more likely to perform poorly on cognitive tests for language and had less accurate visual and spatial perception. By the age of six, children of mothers with low folate levels also had smaller total brain volume compared to children whose mothers had adequate folate levels during pregnancy.

Reference: British Journal of Nutrition; January, 2016

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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.

Live Longer

Omega-3s and ginger increase healthy lifespan

Omega-3s extend life

Doctors have been studying the heart-health benefits of omega-3 fish oils for over 40 years. In this review of 11 studies covering 371,965 people, those who got the most omega-3s from diet and supplements, and those with higher circulating levels of omega-3s were less likely to die from any cause compared to those with lower levels of omega-3s.

For diet and supplements, doctors found that each 300 mg increase in omega-3s per day reduced the chances of dying from any cause by 6 percent. Measuring circulating levels of omega-3s, each 1 percent increase in circulating levels of EPA and DHA reduced the chances of dying from any cause by 20 and 21 percent, respectively.

Reference: Nature Scientific Reports; 6 28165 2016

Ginger, blood pressure, and CHD

Doctors were interested in the effects of ginger on chronic diseases in younger and older adults. In this study, doctors measured the diets of 4,628 men and women, aged 18 to 77, and compared levels of ginger in the diet to chances for various chronic diseases.

Overall, men and women who consumed ginger were 8 percent less likely to have high blood pressure and 13 percent less likely to have coronary heart disease (CHD). Doctors said the study suggested that consuming 2,000 mg to 4,000 mg of ginger per day could prevent chronic diseases.

While doctors aren't sure how ginger delivers its health benefits, they believe ginger may inhibit the action of a naturally occurring enzyme in the body that constricts blood vessels, allowing blood vessels to relax and dilate.

Reference: Nutrition Journal; May, 2016



Smooth Skin

Ultraviolet sunlight damages skin, and zeaxanthin, the bright yellow antioxidant carotenoid that protects the eye, also protects the skin. In this study, 31 older women took a placebo or a supplement containing zeaxanthin, buckthorn fruit oil, wheat ceramides, alpha lipoic acid, green tea, red clover leaf, gotu kola seed, Pycnogenol®, and vitamins C, D and E; or the supplement plus a topical containing zeaxanthin, algae extracts, peptides, and hyaluronate. The placebo group did not change, but both active groups had more hydrated skin at two weeks, fewer fine lines at four weeks, and less-severe wrinkles at 12 weeks, with plumper, smoother skin.

Reference: Journal of Cosmetic Dermatology; June, 2016

Beat the Cold

Zinc as effective in those with and without allergy

Colds three days shorter

Doctors reviewed findings from three zinc-lozenge studies covering 199 men and women, 66 of whom had allergies, to see if there was a difference between allergic and non-allergic people.

Zinc acetate lozenges were effective regardless of ethnic background, whether the person had allergies, was a smoker, was older or younger, was male or female, or how severe their cold symptoms were when they began taking zinc lozenges.

Overall, in the three studies, colds lasted an average of seven days, and just over four days in those who took zinc lozenges; an average of three days shorter.

Discussing the findings, doctors said because the benefits were consistent for all types of participants, people may confidently treat their colds with zinc lozenges, and recommend taking no more than 100 mg of elemental zinc per day.

Reference: British Journal of Pharmacology; July, 2016

Circulation

Minerals lower blood pressure, chances of stroke

Magnesium reduces blood pressure

Doctors reviewed 34 magnesium studies covering 2,028 people and found magnesium reduced systolic and diastolic blood pressure in those with normal and high readings.

On average overall, those who took 368 mg of magnesium supplements per day for three months saw systolic blood pressure decline by 2.0 mmHg and diastolic blood pressure decline by 1.78 mmHg. Pregnant and lactating women, and those severely ill were not included in the study.

Doctors also found for every increase in circulating magnesium of 0.1 micromole-per-liter of blood, diastolic pressure declined by 2.26 mmHg. Although not involved in the study, doctors from New York University said, "The study is interesting because the DASH (Dietary Approaches to Stop Hypertension) diet features magnesium-rich foods."

Reference: American Heart Association Journals; July, 2016

Magnesium, potassium reduce stroke

In a large, long-term study of 180,864 women, those who got the most magnesium from diet and supplements were 19 percent less likely to have had a stroke compared to women who got the least magnesium over the 30-year follow-up period. Magnesium provided this protection from stroke at 868 mg per day.

Doctors also measured the effects of potassium and found women who got 883 mg of potassium per day were 11 percent less likely to have had a stroke compared to women who got the least.

Women who combined magnesium and potassium to achieve the highest "mineral diet score" were 22 percent less likely to have had an ischemic stroke, where blood supply to the brain is decreased, and 28 percent less likely to have had a stroke of any kind over the 30-year study.

Reference: American Journal of Clinical Nutrition; 2015, 114.100354

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