

Naturally

S P E A K I N G

MARCH / APRIL 2006

Please visit us online at Natures-Pharm.com

Event Calendar

March 15-17

American Cancer Society's Daffodil Days

If you placed an order for daffodils, make sure to come pick them up from the store on any of these days.

April 21-23

Spring Into Health Sale

Stop by the store this weekend to celebrate Earth Day and find great deals on items you love.

April 29

March of Dimes WalkAmerica

8 a.m. Check-In / 9 a.m. Start of Walk

Support the local chapter of March of Dimes and help save babies by participating in the Annual March of Dimes WalkAmerica, held at the Tippecanoe County Fairgrounds. Plus, look for tasty treats provided by Nature's Pharm at one of the check points along the walk!

Vitamin D

Although the United States as a whole still has a long way to go toward better health, many people are already making great strides toward healthier lifestyles. We switch to vegetarian diets to protect animals and watch our fat intake, put sunscreen on every day to ward off harmful UV rays, and breastfeed more of our children in order to provide them with "nature's perfect food." However, it just might be that you can have too much of a good thing. All of these healthy habits can impact Vitamin D intake and seem to be leading to increased deficiency around the world.

According to the most recent National Health and Nutrition Examination Survey (NHANES III 1988-1994), most age groups are not meeting adequate levels of the Vitamin D. The group most at risk of deficiency seems to be adults over 50 – only 10 percent of which were actually meeting the adequate intake standards through diet alone. Women between the ages of 19 and 50 also showed low levels of vitamin D across the board. But what exactly are the implications of such a deficiency?

Vitamin D, also known as cholecalciferol, is a fat soluble vitamin important in many functions of the body. It exists in several other forms, including 25-hydroxycholecalciferol (calcidiol) which is the main circulating form in the blood, and 1, 25-dihydroxycholecalciferol (calcitriol), which is the active hormone form of the vitamin. Cholecalciferol is typically the form of vitamin D found in food or supplements, and the liver then activates the hormone by converting it to calcitriol.

The most notable function of vitamin D in the human body is its promotion of calcium absorption and bone mineralization, which contribute to building strong and healthy bones. Thus, with deficiency of the vitamin, bone disorders such as rickets (in children) and osteomalacia (in adults) occur. Here, the bones can be thin, brittle, and even misshapen.

Newer research even suggests that vitamin D may also play a significant role in cancer prevention. In 2005, the American Journal of Public Health compiled a review of 63 different studies on the vitamin and determined that taking 1,000 IU daily could lower an individual's cancer risk by 50% for colon cancer, and by 30% for breast and ovarian cancer. Further studies will be needed for more definitive results, but so far the evidence looks great.

"I would challenge anyone to find an area or nutrient or any factor that has such consistent anti-cancer benefits as vitamin D," said Edward Giovannucci, MD, ScD, a professor of medicine and nutrition at Harvard University and Brigham and Women's Hospital. He himself has authored one of the several research studies that established a relationship between vitamin D blood levels and cancer risk.

Currently, the government recommends 200 IU daily as adequate intake for men and women up to 50 years of age. From ages 51 to 70, 400 IU is recommended and for people over 70 years of age, 600 IU is recommended. For most people, Vitamin D is obtained in one of two ways: either through food sources or sunlight.

In foods, vitamin D is found in fortified milk and margarine, salt water fish, liver, and eggs. However, it can still be difficult for the average adult to consume enough Vitamin D from foods, especially if maintaining a vegetarian diet. One cup of milk only provides 100 IU of Vitamin D and an egg only 25 IU. Unless consuming fish every day, which provides a much larger amount of the vitamin per serving, it can be difficult for some to consume the recommended daily amount.

Vitamin D can also be synthesized by the skin in response to sunlight. Unfortunately, when the harmful UV rays are shielded from the skin by cancer-cautious cover-ups or sun block lotions,

Did You Know?

❶ Think dairy products are inflammatory? Well, unless you know you have an allergy, think again! A recent study from the University of Wisconsin-Madison has found that the conjugated linoleic acid found in dairy products may actually inhibit the inflammatory reactions that contribute to diseases like arthritis and cancer.

❷ Peppermint essential oil can be a great natural and non-toxic way to control pests like bugs, spiders, or even mice. Soak a cotton ball in peppermint oil and place in cabinets or other areas prone to pests. You can also mix up a solution in a spray bottle with water and a few drops of the oil. Spray along window sills or other cracks to keep those pesky critters out!

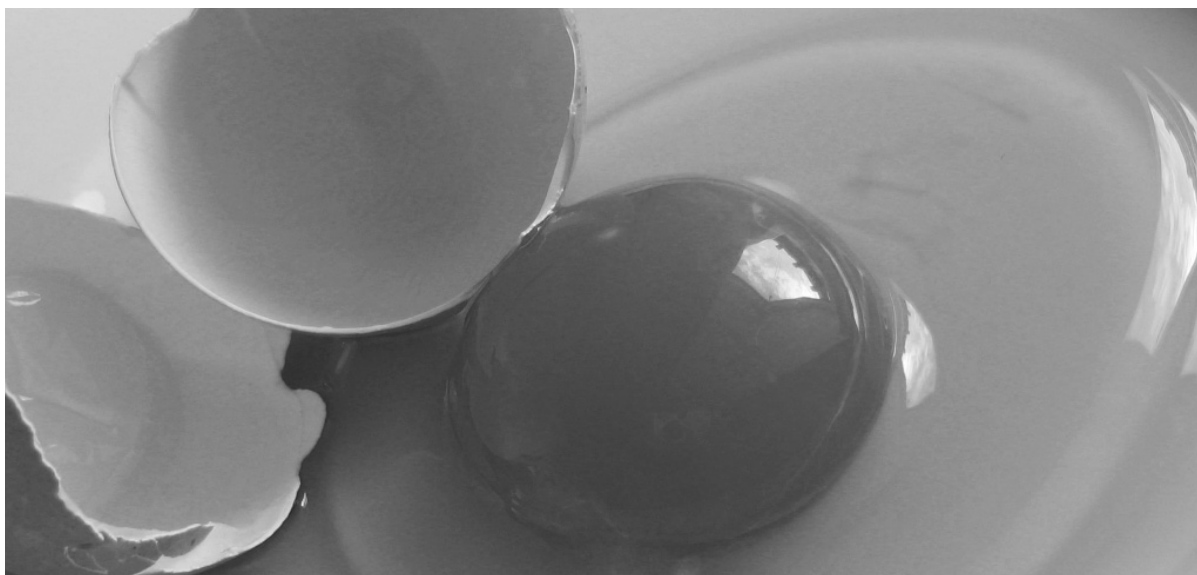
the synthesis is not stimulated. Larger amounts of melanin, the pigment in skin, can also prevent people with darker skin from producing vitamin D. Producing vitamin D from sunlight is also difficult for people in higher latitudes, especially during winter months, because they may not be receiving strong enough rays from the sun.

As with most vitamins, a sure-fire way to make sure you're getting enough is through a supplement. A multivitamin of course is a great source, but it may not supply enough vitamin D. Rather than taking extra capsules of the multivitamin and risk toxicity of other vitamins, a separate vitamin D supplement can be helpful.

Vitamin D supplements generally provide the vitamin as cholecalciferol or ergocalciferol, which is the plant produced form. Either can be utilized by the body, however, the cholecalciferol is more potent. Capsules are available, usually providing 400-1000 IU.

Another great source of the vitamin is cod liver oil, generally providing 400 IU per teaspoon. In addition to the vitamin D, cod liver oil is an excellent source of omega-3 fatty acids, which are very beneficial for a variety of things including heart health, mood, joint function, and the health of hair, skin and nails.

Although vitamin D toxicity is relatively rare, it is a fat soluble vitamin and will build up in the body. Caution should be taken to not exceed 2000 IU daily, if using extra supplementation. 🍷



Protein Pitfalls

Where low-carb diets once flourished, one would now be hard-pressed to find those once so coveted Atkins bars. But, where the emphasis was once placed on the exclusion of carbs, it now lies on the inclusion of protein. Most Americans currently consume more than twice the recommended amount of protein in their daily diet.

Protein, without a doubt, is a very important component of any diet. It's role in maintaining body tissue, especially muscle, is unequalled by any other macronutrient. Protein molecules are key components of everything from your hair, skin and nails, to the enzymes that trigger key reactions in your body. However, getting excessive amounts of protein versus adequate amounts of protein in one's daily diet can be indirectly harmful to your health.

The typical argument against high protein diets warns against detrimental effects on the kidneys due to an increased production of acid byproducts. Although there has been at least one study to support this claim, it only included 10 participants and covered a time span of just a few weeks. Most other studies to date have only shown kidney damage from high protein diets in people who already showed signs of renal disease.

While high protein diets may not be harmful to your kidneys, there are other aspects of health that can be affected, such as diet composition. The most important aspect of a diet is variety, and unfortunately, in many high protein diets, other food groups are neglected. Typically, one getting a higher percentage of protein, especially from meat products, will be missing out on many of the important components from fruits and vegetables, including vitamins, minerals, antioxidants, and fiber.

Calculate Protein Needs Based On Your Level Of Activity

Average Activity

0.8 g * kg of body weight =

.....

Heavy Sports Training

1.0 g * kg of body weight =

NOTE: 1 kg = 2.2 lbs

Other recent studies suggest that high protein diets may also decrease fertility in women. A study on mice fed varying levels of protein found that in those consuming high protein diets (25% of calories from protein) only 65% of the embryos developed into fetuses. On the other hand, mice consuming a normal percentage of protein (14% of calories) were found to have over 80% of their embryos develop into fetuses.

Finally, despite popular belief, eating larger amounts of protein does not equate with building more muscle. Protein merely provides the building blocks while weight training and physical activity is what actually increases muscle mass.

Consuming excessive amounts of protein certainly has not been found to result in any real health benefit, and may in fact negatively affect one's overall dietary intake. Evaluate your protein intake, and remember, the key to any good diet is balance. 🍷

DISCLAIMER: The information presented in this newsletter is for educational purposes only and not intended to replace professional medical care when required. Always consult a qualified healthcare practitioner for disease diagnosis and therapy.

Off The Shelf

NEW PRODUCTS IN STOCK

Barbara's Bakery Fruit & Yogurt Bars
A tasty mixture of fruit and yogurt, wrapped in a soft whole grain crust.

Herbs of Light "Living Food"
Organic and GMO free liquid herbs combined in a variety of healthful formulations.

Garden of Eatin' Pita Chips
A crunchy new treat that is great alone or paired with a hearty dip.

Larenim Mineral Make-Up
Made of only 100% micronized, light-reflective minerals. Contains no talc, dyes, oils, or chemicals.

Jones Organic Teas
"Fresh picked, hand squeezed, organic teas."

Thursday Plantation Bath & Massage Oil Blends
Essential oils blended in a premium carrier oil to compliment a variety of moods.

40% Off

Your Second Supplement
When You Buy the First at Regular Price
With Coupon

(Items Must Be Identical, Limit 4+4)

NATURE'S PHARM
A Natural Foods Market

Expires 4/30/06

30% Off

Natural Factors
7-Day Total Nutritional Cleanse
With Coupon

(Limit 4)

NATURE'S PHARM
A Natural Foods Market

Expires 4/30/06

25% Off

Natural Factors
Celadrin
With Coupon

(Limit 4)

NATURE'S PHARM
A Natural Foods Market

Expires 4/30/06