



Natural Insights for Well Being®

December 2020

Immunity & Covid-19 Update

Nutrients boost immunity, disease resistance

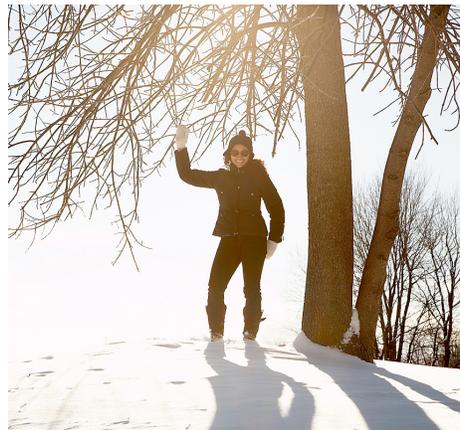
Vitamin D3 reduced chances for Covid-19

Earlier studies found vitamin D reduced chances of viral respiratory tract infections, and according to doctors, “Our statistical analysis suggests this may be true for Covid-19 infection.” In this first study to link low vitamin D with a positive Covid-19 test, doctors reviewed medical record data from 4,314 mostly non-white patients, average age 49, who were tested for Covid-19 in March and April, 2020. Based on vitamin D blood levels and on vitamin D prescriptions following these measurements, about one-quarter were likely deficient in vitamin D.

Compared to those with sufficient vitamin D levels, those who were deficient—with levels below 20 nanograms per milliliter of blood (ng/mL), or 50 nanomoles per liter (nmol/L)—were 1.77 times more likely to test positive for Covid-19. This group also tended to be younger, a race other than white, and more likely to have received vitamin D2—the synthetic form—and less likely to have received the natural form of vitamin D3.

Multivitamin-mineral shortened illness

More than one in three older adults in the U.S. and Canada are deficient in one or more micronutrients, particularly



vitamins C and D, and zinc. To support immune system function, adults age 55 and above may prevent deficiencies by taking a multivitamin-mineral.

In this study, 42 healthy adults, aged 55 to 75, took a placebo or a daily multivitamin-mineral. Vitamin D levels were at least 10 ng/mL or 25 nmol/L. After 12 weeks, while there was no change for placebo, the multivitamin-mineral group saw vitamin C levels rise 126 percent, and zinc levels increase 43 percent.

Although the doctors did not design the study to measure length of illness, those taking multivitamin-minerals reported being sick less than three days on average, compared to more than six days for placebo; the results doctors said, “were striking.”

REFERENCE: JAMA NETWORK OPEN; 2020; VOL. 3, No. 9, E2019722

DECEMBER'S Healthy Insight Good Eyes

The macula of the eye contains the colorful pigmented carotenoids lutein and zeaxanthin that absorb damaging blue light, protecting vision. In this study, 16 Japanese men and women, aged 26 to 57, took 29 mg of lutein, 4 mg of zeaxanthin, vitamins C, E, copper, and zinc, per day. Beginning at eight weeks and continuing through the end of the study at 16 weeks, the concentration, or density, of macular pigment increased. Those with a body-mass index score less than 25 improved more than those with higher BMI scores. Levels of the protective carotenoids in the skin also began increasing by week four, and continued to increase through 16 weeks.

REFERENCE: SCIENTIFIC REPORTS; 2020, VOL. 10, No. 10262

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Breathe & Flow

Nutrients improve lung function and circulatory health

DHA improves survival in lung disease

For many reasons, the lungs can scar, stiffen, and become fibrous, making breathing difficult, a condition called interstitial lung disease (ILD). In this study, doctors followed the cases of 6,573 people hospitalized with ILD over a 12-year period, and separately analyzed CT scans of lung abnormalities in 10,193 participants in three other studies.

Overall, higher levels of the omega-3 fatty acid DHA reduced chances for lung abnormalities, and for hospitalization and death due to ILD. Doctors said, “The take-home message is the severity of an inflammatory disease—this time in the lung—is inversely related to blood omega-3 levels. Having higher circulating omega-3

levels offers significant protection, which is particularly timely given the Covid-19 pandemic.”

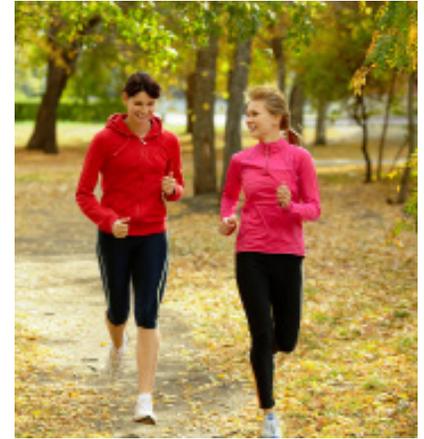
Tocotrienol decreases aspirin resistance

When blood vessels are injured, platelets attach to each other, forming a clot at the site to stop the bleeding. Too few platelets can cause bleeding; too many can lead to stroke. Aspirin inhibits clotting, reducing chances for recurrent stroke, but some people become resistant.

In this study, 150 people who'd had a stroke, or transient ischemic attack (mini-stroke), in the past six months, took aspirin alone, the blood thinner clopidogrel alone, these two together plus a placebo, or plus 800 mg, or plus 400 mg of tocotrienol per day.

After one year, the placebo group taking aspirin with clopidogrel had a 40 percent rate of aspirin resistance compared to 25 percent for the 800 mg tocotrienol group, and 9 percent for the 400 mg tocotrienol group.

REFERENCE: AMERICAN JOURNAL OF EPIDEMIOLOGY; AUGUST, 2020, KWAA168



Efficient Exercise

Green tea and curcumin enhance performance

Matcha green tea burns fat during exercise

In this innovative study, 12 women with regular menstrual cycles, average age 28, weighing 152 pounds, and 5'3" tall, volunteered for a walking test to determine their individual moderate exercise intensity to prepare for a later 30-minute treadmill test.

The women began taking a placebo

or three 1-gram capsules of matcha green tea powder per day for three weeks, with the final 1-gram dose two hours before the treadmill test, timed between day 9 and 11 of their menstrual cycle. Average walking speed was 3.6 miles per hour.

Matcha had no effect on heart rate, but women taking matcha increased fat oxidation by 35 percent during the walk. Also, the matcha group needed less oxygen to get energy into muscle compared to placebo.

Curcumin reduces post-exercise pain

In this study, 29 healthy men, aged 18 to 35, with experience in strength training, drank a placebo beverage or one with 450 mg of curcumin extract

before, and immediately after, an exercise routine. The routine consisted of a warm-up stretch, then leg presses and lower-limb resistance exercises to exhaustion.

Compared to placebo, the curcumin group had delayed muscle soreness and reported less pain 48 hours post-exercise. Also, the curcumin group had less accumulation of lactate—a factor in fatigue—which doctors believe was why they maintained higher power in the third set of leg presses.

Discussing the findings, doctors said curcumin appeared to increase sustained power during strenuous exercise, reduce lactate build-up, and permit athletes to return to exercise training sooner than they would without curcumin.

REFERENCE: JOURNAL OF DIETARY SUPPLEMENTS; SEPTEMBER, 2020, 19390211



Muscle

Krill oil and CoQ10 boost athletic performance

Krill oil for endurance

To maintain normal muscle function during high-intensity exercise, the body must have sufficient stores of choline. In this study, 12 female and 35 male Ironman Norseman Xtreme and Spring Olympic Oslo triathletes, aged 25 to 61, took a placebo or 4 grams of krill oil per day for five weeks prior to their races.



Overall, after the triathlons, choline levels declined between 15 and 34 percent, depending on the length of the race. Those taking krill oil averaged 9.4 percent higher choline levels compared to placebo. Also, the day after the race, the krill oil group had a greater increase in choline levels than placebo.

Discussing the findings, doctors said this is the first study to show krill oil over time increases circulating choline in endurance athletes in a wide range of competition formats of varying degrees of difficulty.

CoQ10 boosted soccer performance

Professional soccer players often damage muscle. In this study over two soccer seasons, doctors measured

CoQ10—ubiquinol—levels in 49 players in the Spanish First League team Athletic Club de Bilbao, pre-season, early-, and mid-season.

Overall, those with higher circulating ubiquinol levels had lower levels of creatine kinase, an enzyme that signals muscle damage, and lower levels of the stress hormone, cortisol. Those with higher ubiquinol levels also had better kidney function and greater muscle performance during matches.

“Our results suggest high levels of plasma CoQ10 can prevent muscle damage, improve kidney function and are associated with better performance in professional soccer players during competition,” doctors concluded.

REFERENCE: FRONTIERS IN NUTRITION; 2020, 10.3389/00133

Energy & Mood

Probiotics and polyphenols improve physical and mental health

Probiotics reduce anxiety, improve training

Strenuous competition increases chances for psychological disorders, which probiotics may help prevent, leading to a new field of study, “psychobiotics.” In this first-of-its-kind study, 20 competitive football players, aged 18 to 21, took a beverage placebo or lactobacillus casei Shirota at 3 billion colony-forming units per day.

At four weeks, doctors used electroencephalography (EEG) to measure brain waves and found, compared to placebo, those taking probiotics had significant changes in theta (relaxation) and delta (attention) brain waves. The probiotic group also exhibited greater sustained attention during training.

“Stress, anxiety, and depression are

often associated with competitions, and regulating these psychophysiological factors through food-based supplements can improve performance,” doctors said.

Polyphenols and mood in hypertension

Evidence is increasing that a diet rich in polyphenols can have anti-anxiety and antidepressant effects. In this study, 99 people, aged 40 to 65, with mild high blood pressure, or hypertension, consumed a high- or low-polyphenol diet.

After four weeks, while those on the low-polyphenol diet had not changed, those on the high-polyphenol diet saw a 67 percent decrease in depressive symptom scores on a standard depression index.

Discussing the results, doctors

said, “The study findings suggest a polyphenol-rich diet could potentially lead to beneficial effects on certain outcomes including depressed mood and physical and mental health in hypertensive participants.” Fruits, vegetables, whole grains, coffee, tea and wine, dark chocolate, virgin olive oil, and spices including anise, celery seed, oregano, and spearmint, among others, are rich in polyphenols.

REFERENCE: NUTRIENTS; JUNE, 2020, VOL. 12, NO. 7, 1920





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Saturday: 9:00 a.m. - 7:00 p.m.
Sunday: 11:00 a.m. - 5:00 p.m.

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Sunday: 10:00 a.m. - 5:00 pm.

Migraine Relief

Pycnogenol decreased frequency and pain

Better than standard management or drug treatment

In this study, 67 people with migraine took one of three treatment paths: standard management of oral magnesium, riboflavin, and lipoic acid; standard management plus 150 mg of Pycnogenol® per day, or the prescription medication topiramate alone.

After eight weeks, participants ranked and reported migraine symptoms. Overall migraine frequency decreased 61 percent for those taking Pycnogenol, compared to 33 percent for topiramate, and 8 percent for standard management. For pain, 39 percent in the Pycnogenol group reported improvement, and less need for pain rescue medication vs. 37 percent for

topiramate, and 25 percent for standard management. Ability to perform daily activities also improved most for Pycnogenol compared to the other two groups. Some in the topiramate drug group experienced adverse effects including skin tingling, itching, chilling, and burning; fatigue, dizziness, and nausea, even at low doses, which required additional forms of treatment. The Pycnogenol group reported no side effects.

REFERENCE: PAN MINERVA MEDICA; 2020, VOL. 62, No. 2, 102-8



Your Good News!®

We're dedicated to discovering the benefits of good nutrition and healthy lifestyle, and hope this issue of Natural Insights for Well Being® informs and inspires you to take an active role in your health. Please ask us to assist you with any natural products you would like to know more about.

These articles provide nutritional information only and do not replace professional medical advice.

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