



### BRAIN PROTECTED AFTER STROKE WITH VITAMIN E

By Dr. Bo M. Nielsen

If you have suffered a stroke, a new study says there is one vitamin that you should consider taking.

#### Vitamin E prevents brain nerve cell death

After a stroke, excess glutamate triggers an enzyme called cPLA2 to release a fatty acid known as arachidonic acid into the brain, which causes neurons (brain cells) to die. A new study has discovered that alpha-tocotrienol, a type of palm oil-derived vitamin E, prevents nerve cell death in the brain by inhibiting cPLA2 from releasing arachidonic acid.

Researchers are very enthusiastic about the results because vitamin E appears to be just as effective as pharmaceutical drugs. Even better news is that vitamin E does not have any side effects at dosages intended for supplements. This is very hopeful news considering stroke is the third biggest killer in the UK.

#### References:

Sen, C.K. & all. "Nanomolar vitamin E alpha-tocotrienol inhibits glutamate-induced activation of phospholipase A2 and causes neuroprotection." Journal of Neurochemistry. Published on line ahead of print - December 2009. • <http://www.hjernesagen.dk/baggrundsviden/om-apopleksi/fakta-om-apopleksi-og-forebyggelse-heraf>.

### CONTENT

Mother's exposure to air pollution lowers child's IQ!.....p 2

Aggressive behaviour reduced by 34% with vitamins, minerals and omega-3 .....p 2

Many pregnant women take prescription medications that harm their baby.....p 3

Vitamins and minerals lower risk of childhood eczema.....p 4

Drinking beer may keep bones strong and prevent osteoporosis.....p 4

#### TOCOTRIENOLS INCLUDED IN DOCTOR'S NATURAL ANTI-AGING

By taking a simple and inexpensive natural form of vitamin E, you can prevent much of the damage that a stroke causes. In other words, you will be able to reduce the negative physical and psychological effects of a stroke.

In order to have sufficient quantities of tocotrienols present in your brain, you should also take vitamins and minerals on a daily basis.





## MOTHER'S EXPOSURE TO AIR POLLUTION LOWERS CHILD'S IQ

By Hala Sati, Editor

**Important information for pregnant women: your exposure to air pollution can have a negative effect on your child's IQ.**

### Maternal exposure to PAHs lower child's IQ

Pregnant women who expose themselves to polycyclic aromatic

hydrocarbons (PAHs) risk their child having a lowered IQ. PAHs are produced by burning fossil fuels, such as coal, oil, gas and diesel. These environmental pollutants are also produced by the burning of tobacco and in our cities, motor vehicles are largely to blame for PAHs. Many studies have already linked PAHs to cancer and birth defects.



they may interfere with social performance.

#### References:

Perera, F. & all. "Prenatal airborne polycyclic aromatic hydrocarbon exposure and child IQ at age 5 years." Pediatrics. August, 2009.

In this new study, children whose mothers had a high exposure to PAHs during pregnancy (more than 2.26 mg/m<sup>3</sup>) had full scale IQ scores that were 4.31 points lower and verbal IQ scores that were 4.67 points lower than children who were less exposed to the pollutants. Researchers say these results are significant because

### PROTECT YOURSELF AND YOUR CHILD FROM ENVIRONMENTAL POLLUTANTS WITH CHLORELLA

Unfortunately, we live in an increasingly toxic world. We are surrounded by pollutants of all sorts - some worse than others. Imagine that in just the past 40 years, more than 50,000 new chemical substances have been introduced into our environment! PAHs are just one of the many chemicals that pose a health threat to us and in this case even to our children.

Doctor's Natural Chlorella is a microscopic algae that is well-known to effectively and safely help you detox many pollutants including:

- aluminium
- mercury
- lead
- cadmium
- sulfites
- pesticides
- PCBs
- PAHs

Grape seed extract (Grapavin) is also recommended for pregnant and breast feeding women.



## AGGRESSIVE BEHAVIOUR REDUCED BY 34% WITH VITAMINS, MINERALS AND OMEGA-3

**Could aggression boil down to an unhealthy, unbalanced diet? It is likely that there are many factors involved, but studies are showing that aggressive behaviour is associated with a diet low in essential nutrients.**

### Vitamins and minerals beneficial beyond physical health

That vitamins and minerals are vital to our physical health and prevent us from developing chronic disease, is now universally accepted. Many studies have even told us that these nutrients plus essential fatty acids like omega-3 are good for our brains and mood. It should come as no surprise, therefore, that studies are finding nutrients are vital for sound mental and psychological health as well.

placebo-controlled studies from 2002 and 2010 have found that daily supplements with vitamins, minerals and omega-3 fatty acids reduce aggressive behaviour in young adult offenders by 39% and 24% respectively.

All the more reason to start kids early on vitamins and minerals!

#### References:

Gesch, C. B. & all. "Influence of supplementary vitamins, minerals and essential fatty acids on the antisocial behaviour of young adult prisoners." The British Journal of Psychiatrists. 2002.  
Zaalberg, A. & all. "Effects of nutritional supplements on aggression, rule-breaking, and psychopathology among young adult prisoners." Journal of Aggressive Behaviour. February 2010.

Two randomised, double-blind,



## MANY PREGNANT WOMEN TAKE PRESCRIPTION MEDICATIONS THAT HARM THEIR BABY

By Birgitte M. Nielsen, Health Professional

Don't miss out on this piece of information if you are pregnant: many women take prescription drugs that are known to be harmful to developing fetuses. Are you endangering your baby?

### Eighty-three percent of UK women take at least one pharmaceutical drug during pregnancy

A few years ago the Avon Longitudinal Study of Parents and Children by the University of Bristol revealed that 83% of pregnant women used at least one pharmaceutical drug during some part of their pregnancy. This is a shockingly large percentage given the fact that many medications are known to harm the growing foetus. In fact, the British Medical Association and the Royal Pharmaceutical Society of Great Britain, advise pregnant women to avoid all pharmaceutical drugs - unless their doctors think it is absolutely crucial.

A new study from Canada tells us that many women today are still taking harmful prescription drugs. In the study, 6,871 out of 109,344 pregnant women took at least one of the prescription drugs that are known to be harmful to fetuses. These cause among other things, serious birth defects or premature birth. See box below.

References: Berard, A. & all. "Prescriptions filled during pregnancy for drugs with the potential of fetal harm." British Journal of Obstetrics and Gynaecology. 2009. • The Avon Longitudinal Study of Parents and Children - The University of Bristol: [www.bristol.ac.uk/alspac](http://www.bristol.ac.uk/alspac) • The British Medical Association: [www.bma.org.uk](http://www.bma.org.uk) • The Royal Pharmaceutical Society of Great Britain: [www.rpsgb.org.uk](http://www.rpsgb.org.uk)



#### Medications that could cause birth defects and premature birth:

- Isotretinoin (acne).
- Anxiolytic benzodiazepines (anti-anxiety).
- Anti-epileptics
- Trimethoprim (antibiotic).
- Statins (cholesterol-lowering medications).
- Hypertension medication.
- Blood thinners.

Some non-prescription medications may also be harmful to the foetus, such as:

- paracetamol
- ibuprofen
- aspirin
- cold/flu
- cough medications
- diarrhoea medications
- constipation medications

DO YOU WANT ADVICE ABOUT WHICH FOOD SUPPLEMENTS WILL BENEFIT YOU?

CALL OUR HEALTH PROFESSIONALS FOR FREE ADVICE ON: 0207 043 1256

OR VISIT OUR WEBSITE: [www.doctorsnatural.com](http://www.doctorsnatural.com)

EXCLUSIVELY FOR MEMBERS



## VITAMINS AND MINERALS LOWER RISK OF CHILDHOOD ECZEMA

By Maria Nørgaard, Health Professional

Imagine you could reduce your child's risk of developing eczema by over 55%! A new study says this may be possible and it's as simple as taking multivitamins and minerals.

### Increasing intake of vitamins and minerals protects children against eczema

Approximately, 15% of all young children are affected by a type of eczema called atopic dermatitis. This form of eczema is characterised by areas of the skin which are itchy, inflamed, red and scaly. Very often, atopic dermatitis is accompanied by asthma, allergies or hay fever.

There is no cure for eczema and traditional treatments focus on reducing inflammation and relieving itching. Until now that is, because a new study has found that certain

vitamins and minerals can help ward off atopic dermatitis.

### Which vitamins and minerals combat eczema?

According to the study, children with high intakes of beta-carotene, vitamin E, folic acid and iron have a 56%, 67% and 61% lowered risk of atopic dermatitis respectively.

### How can you prevent your children from developing eczema?

The best defence against eczema is to ensure your children are eating a

healthy, balanced diet in combination with a quality multivitamin and mineral supplement.

**Doctor's Natural Vitamins and Minerals for children have the ideal doses of beta-carotene, vitamin E, folic acid and many other essential vitamins and minerals that will help protect your children against eczema and many other conditions.**

References: Oh, S.Y. & all. "Antioxidant nutrient intakes and corresponding biomarkers associated with the risk of atopic dermatitis in young children." European Journal of Clinical Nutrition. 2009. Mayo Clinic: [www.mayoclinic.com](http://www.mayoclinic.com)

## DRINKING BEER MAY KEEP BONES STRONG AND PREVENT OSTEOPOROSIS

Here is an enjoyable way to maintain strong bones and even prevent osteoporosis: drink beer!

### Silicon in beer increases bone mineral density

Silicon is one of the most abundant elements on earth and our body needs it for many things including to form collagen in bone and connective tissue, such as tendons and ligaments. Silicon is also essential for bone health because it increases bone mineral density by helping to increase calcium absorption into the bones.

Beer is rich in silicon and a new study suggests the alcoholic beverage may very well keep bones strong and may even help prevent osteoporosis. Study researchers say beers containing the most silicon are the ones which have higher levels of malted barley and hops.

In the UK, three million people are affected by osteoporosis and one in two women and one in five men over the age of 50 will suffer an osteoporosis-related fracture.

### Doctor's Natural OsteoPro-D

Beer is a great beverage, but if you don't want the negative effects of excessive alcohol consumption (beer belly, liver problems, driving while under the influence etc.) we have a perfect alternative. Our 100% natural osteoporosis supplement contains ideal dosages of silicon, vitamin D, calcium and other important nutrients for optimum bone health.

References: Casey, T. & all. "Silicon in beer and brewing." Journal of the Science of Food and Agriculture." February, 2010.



#### Disclaimer: Writers of Doctor's Natural Newsletters are among others:

Former Chief Physician; Bo Møgelvang Nielsen, independent, non-paid writers: Chief Physician Allan Larsen, Ph.D., Orthopaedic surgeon, Chief Physician Lars Büneemann, Anesthesiologist, Professor Karl Arfors, the Karolinska Institute, Stockholm, former professor at the Karolinska Institute, Stockholm, Magnus Nylander, Ph.D.

Information given in this newsletter is generally based on scientific research and/or the physicians' own clinical experience and is not a substitute for pharmaceutical drugs, medical advice, diagnosis or treatment suggestions from the patient's own doctor or other qualified health professionals. This newsletter is strictly for members and any reproduction or publication, in whole or in part, is permitted only with the prior written authorisation from Doctor's Natural.

EXCLUSIVELY FOR MEMBERS