DOCTORS NATURAL

NEWSLETTER

PARACETAMOL INCREASES ASTHMA IN CHILDREN

By Dr. Bo M. Nielsen

Paracetamol (acetaminophen) is the most common cause of severe liver damage and liver failure today. If that were not bad enough, this drug also had to be responsible for increasing the risk of asthma in children as well!

Asthma - the most common chronic disease among children

Over one million children in the UK are currently receiving asthma treatment, but the actual number suffering from the lung disorder is much higher. The incidence of asthma has increased dramatically over the past three decades, making it the most common chronic disease among children. A combination of environmental, lifetstyle and genetic factors seem to play a role, such as environmental pollution, smoking during pregnancy, a family history of the disease and certain medications.

Nowadays, unfortunately, adults and children take many prescription medications. The painkiller paracetamol is one of the most commonly taken drugs and people mistakenly think it is safe. Children are often given cold/cough medications that contain paracetamol. Paracetamol has a long string of side effects including liver damage and recently many scientific studies have found paracetamol increases risk of asthma in children.

Paracetamol use increases asthma

A decade ago a study found a link between paracetamol use and asthma. More precisely, the prevalence of wheeze increased by 0.52% in 13 to 14 year-olds for each gram increase in per capita paracetamol sales. A study published this year reinforces the connection: the odds of asthma are significantly increased in people who take paracetamol. This risk was particularly notable in children who had taken paracetamol in their first year of life or in the year prior to being diagnosed with asthma.

Paracetamol during pregnancy

The study also found a link between paracetamol use in pregnant women and increased risk of asthma in their children. Women who take paracetamol prenatally, especially during late pregnancy (20 to 30 weeks) have babies with a significantly increased risk for wheeze and asthma.

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RESVERATROL MAY BE THE MOST PROMISING HORMONE THERAPY ALTERNATIVE

By Hala Sati, Editor

Many women are abandoning hormone therapy (HT) for more natural treatments. Find out why and which nutritional supplements can help you before, during and after menopause.

Many health risks linked to HT

Hormone therapy (HT) consists of a group of pharmaceutical treatments intended to synthetically enhance hormone (oestrogen and progesterone) levels and thus counteract menopause symptoms. In the UK, there are one million less users of HT since 2003. Perhaps women are increasingly seeking natural alternatives because of HT side effects.

What are these? Well, just to mention a few: nausea; headaches; weight gain; leg cramps; bloating; decreased sex drive; and depression. HT also increases the risk of: breast cancer, endometrial and ovarian cancer; blood clots; heart attack; stroke; and bladder disease.

Natural alternatives to HT

Studies have previously shown that phtyo-oestrogens - plant-based substances that have oestrogen-like effects - are just as effective as HT and are completely side effect-free. These include isoflavones, such as red clover and black cohosh. Phyto-oestrogens have long been known to relieve menopause symptoms,
strengthen bones, slow down aging, support heart health and prevent cancer. But a recent scientific study says that resveratrol may be the most promising HT alternative yet.

Resveratrol has high oestrogenic and anti-tumour activity

In a study published in the Journal of Nutritional Biochemistry, certain phyto-oestrogens were assessed as alternatives to HT. What the researchers looked for were the nutrients' oestrogenic and anti-tumour effects. These phyto-oestrogens consisted of: daidzen and genistein (red clover and soy beans); glycitein (soy products); coumestrol (alfalfa sprouts); and resveratrol (grape seed). All of the phyto-oestrogens had significant oestrogenic effects and had some anti-tumour effects. Suprisingly though, resveratrol had the highest anti-tumour effect and was more effective at increasing apoptosis (programmed cell death).

In simple terms, cancer cells can result if there is too little apoptosis occuring because in the absence of programmed cell death, cancer cells can grow uncontrollably. Resveratrol also has high oestrogenic effects. It achieves this by binding to the oestrogen receptor (alpha). This in turn allows it to display estadriol-like effects. Estadriol or 17β-estadriol is a hormone that represents the major oestrogen in humans. The ability of resveratrol to mimic 17β-estadriol makes it a safe and effective HT alternative to reduce menopausal symptoms.

Ease menopause symptoms with Doctor's Natural Menopause Treatment, which includes grape seed extract (resveratrol) and other phyto-oestrogens, such as red clover and black cohosh.

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WHO INFLUENZA ADVISERS ARE PAID BY THE PHARMACEUTICAL INDUSTRY

You may know the World Health Organization (WHO) as the leading health authority within the United Nations system. WHO experts "produce health guidelines and help countries to address public health issue.s" One of the organisation's many core functions is to "tackle global health problems and improve people's well-being."

No doubt, like the majority of us, you have never questioned what the WHO says or does, or its intentions. But the question is: can the WHO and other similiar organisations really be trusted to safeguard our health? We'll let you be the judge of that.

Several WHO H1N1 advisers are paid by the pharmaceutical industry

Influenza vaccine producers have a lot to gain when an illness their vaccine is purported to prevent or treat goes pandemic. And gain is exactly what the pharmaceutical industry did - **over 50 billion dollars** - when they paid off WHO advisers to push the H1N1 flu to a pandemic status this past June. Not surprisingly, the only thing that can help stop this "pandemic" they say is mass vaccination. The problem is many member countries have contracts with pharmaceutical companies and are forced to buy vaccines when a pandemic is declared. But is the H1N1 flu really a pandemic?

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LOW VEGETABLE INTAKE DURING PREGNANCY INCREASES RISK OF TYPE 1 DIABETES IN YOUR BABY BY 70%

By Maria Nørgaard, Health Professional

Type 1 diabetes

Insulin-dependent diabetes, early-onset diabetes and juvenile diabetes are all different ways of referring to type 1 diabetes. As the names imply, this type of diabetes usually develops during childhood up until the 30s, but rarely after the age of 40. Unlike type 2 diabetes, type 1 is an autoimmune disease, which means the body's immune system mistakenly attacks insulin-producing cells in the pancreas. Consequently, the pancreas is unable to produce insulin and this leads to diabetes. In the UK, this life-long condition affects approximately 2.3 million people, 15% of which have type 1 diabetes.

Eat vegetables every day to protect your baby from type 1 diabetes

A new study from Sweden has found a link between the consumption of vegetables during pregnancy and the risk of type 1 diabetes. See below.

How to make sure you are eating enough vegetables every day

We should all aim to eat plenty of vegetables every day, especially during pregnancy. However, that may not always be possible. So, here's how you can be certain you are getting enough essential antioxidants contained in vegetables: take natural supplements which contain sufficient doses of antioxidants. Grape seed extract and green tea extract are great sources.

The Scientific Study

Background information:
The purpose of the study was to compare pregnant women's intake of vegetables with the prevalence of early signs of type 1 diabetes risk. Maternal daily intake of vegetables during pregnancy was assessed by means of a food frequency questionnaire. Blood samples from 5,724 five-year-old children were tested for pre-diabetes antibodies (glutamic acid decarboxylase (gada), tyrosine phosphatase (IA-2A and insulin autoantibodies (IAA). Blood tests were performed at 1, 2.5 and 5 years.

Results:
191 children (3.3%) tested positive for preclinical diabetes. The number of pre-diabetes antibodies were almost twice as high among children whose mothers rarely ate vegetables ($p<0.001$). The risk was also clearly elevated in children whose mothers ate vegetables 3-5 times a week (70%). Risk of developing type 1 diabetes was lowest among children whose mothers ate vegetables every day.

Conclusion:
Daily intake of vegetables during pregnancy is associated with a clearly lowered (as much as70%) risk of the child developing type 1 diabetes. Scientists believe it is the antioxidants in vegetables that provide this protection. Vegetables have a high content of vitamins with antioxidant properties like vitamins C and E as well as flavonoids and polyphenols like quercetin and resveratrol. Red wine and green tea also have a high content of antioxidants.

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THE HEALTH RISKS OF ARTIFICIAL SWEETENERS

By Birgitte M. Nielsen, Health Professional

If you think artificial sweeteners are helping you keep those pounds off, think again. Not only do artificial sweeteners help you *gain* weight, but they have many hidden health risks as well.

Artificial sweeteners often "hidden" in products

It's not just about the artificial sweeteners you add to your tea/coffee or the diet/light soft drinks you may consume; artificial sweeteners are often used in processed foods and where you least expect it. These include: ice cream; syrup and marmalade; biscuits; fruit juices; pasta sauces; salad dressings; bread; and the list goes on.

Here are just some of the artificial sweeteners to look out for: saccharin; aspartame; sucralose; high fructose corn syrup (HCFC) also known as isoglucose or glucose-fructose syrup; acesulfame potassium; and neotame.

Fructose-containing sweeteners linked to metabolic syndrome

A study published this month has linked the consumption of fructose artificial sweeteners, such as high fructose corn syrup (HCFC) and isoglucose to increased risk of metabolic syndrome.

Affecting about 15% of Europeans, metabolic syndrome is a cluster of health disorders, which increases the risk of developing heart disease, type 2 diabetes and stroke. These health disorders include: excess abdominal fat; high cholesterol and triglycerides; high blood pressure; and insulin resistance or glucose intolerance. The study found that even moderate consumption of fructose-containing food and beverages results in changes in liver and fat metabolism that leads to metabolic syndrome.

Furthermore, fructose consumption is associated with increased levels of the liver enzyme alanine aminotransferase. Increased levels of this enzyme indicate liver disease. Intake of fructose also results in higher cholesterol and triglyceride levels.

HCFCs increase blood pressure

Another study published this month found a link between fructose intake and increased risk of developing high blood pressure. People who consumed more than 74 grams of fructose a day - the equivalent of 2.5 soft drinks per day - had a 28%, 36% and 87% higher risk for blood pressure levels of 135/85, 140/90 and 160/100 mmHg respectively. A normal blood pressure reading, according to many medical institutions, is below 120/80 mmHg.

Aspartame increases cancer risk

A study from 2005 linked aspartame to different types of lymphomas and leukaemias. It has also been suggested that aspartame increases the risk of developing brain tumours.

Natural alternatives

If you have a sweet tooth but don't want to compromise your health, try substituting refined sugar and artifical sweeteners with healthy, natural sugar alternatives. These include:

- Raw honey
- Agave nectar
- Grape juice

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WHO INFLUENZA ADVISERS PAID BY THE PHARMACEUTICAL INDUSTRY *Continued from p 2*

Many scientists say no and that a pandemic was declared for the sole benefit of the pharmaceutical industry.

Peter Gøtchze, director of the Cochrane Collaboration (an independent scientific network) in Denmark says, "It's totally unacceptable. You cannot give impartial advice if you are on the payroll of the firms who benefit from your advice." Gøtchze believes we should take the WHO's recommendations with a grain of salt. "It is very sad, but in general, we cannot trust the World Health Organization's recommendations; they must be scrutinized first."

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