



### RESVERATROL MAY BE THE MOST PROMISING HT ALTERNATIVE

By Dr. Bo M. Nielsen

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's 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, endometrial and ovarian cancer; blood clots; heart attack; stroke; and bladder disease.

#### Natural side effect-free alternatives to hormone therapy

Studies have previously shown that phyto-oestrogens - plant-based substances that have oestrogenic-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

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.



### CONTENT

Not a single death attributed to vitamins and minerals.....p 2

Chlorophyll blocks the absorption of toxin in food that causes cancer .....p 2

Vitamin D supplements may battle Crohn's disease.....p 3

Does an apple a day keep the doctor away?.....p 4

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 for HT. What the researchers looked for were the nutrients' oestrogenic and anti-tumour effects. These phyto-oestrogens consisted of: daidzein and genistein (red clover and soybeans); glycitein (soy products); coumestrol (alfalfa sprouts); and resveratrol (grape seed).

Continue on page 3...



## NOT A SINGLE DEATH ATTRIBUTED TO VITAMINS AND MINERALS

By Hala Sati, Editor

The American Association of Poison Control Centers compiles an annual report listing all poisoning cases in the United States. This report is then published in the Journal of Clinical Toxicology. Guess how many people died from vitamin, mineral, amino acid or herbal supplement use in 2008? **ZERO**. That's right, **not a single death was attributed to dietary supplements**. And this included ayurvedic medicine, homeopathic remedies, Chinese medicine and all botanical herbs, such as cohosh, echinacea, ginseng, ginkgo biloba etc. Also included are supplements of algae, chondroitin, glucosamine, melatonin and many more.

### How many died because of pharmaceutical drugs?

How many people do you think died because of pharmaceutical drugs - *even when correctly prescribed and taken*? Over 100,000! In fact, between 100,000 and 200,000 people die every year in the U.S. due to medications. Of these, analgesics (painkillers) are most frequently involved in toxicity cases.

The fact that vitamins and minerals did not result in any deaths is hardly surprising; we, as well as many researchers, have known this from the start. What is always shocking is how quick the mass

media are to - without sound evidence - jump on the opportunity to discourage the use of supplements and warn us of their danger to our health! This is not the first time supplements have passed the test with flying colours; and yet the media still refrain from publishing results like these. Will their loyalties ever go beyond their pockets?

#### References:

Bronstein, A.C. & all. "2008 Annual Report of the American Association of Poison Control Centers' National Poison Data System (NPDS): 26th Annual Report. Journal of Clinical Toxicology.

## CHLOROPHYLL BLOCKS THE ABSORPTION OF TOXIN IN FOOD THAT CAUSES CANCER

**A toxin produced by a fungus that may be present in some foods is highly poisonous and extremely carcinogenic; but don't worry because chlorophyll is here to rescue you!**

### Aflatoxin causes liver cancer

Aflatoxin is the name of a toxin produced by certain fungi, which typically infects grains and legumes, such as corn, wheat, rice, nuts, soybeans and spices. Developing countries in particular have problems with high infection rates. Aflatoxin is highly carcinogenic (causing cancer) and has been known to cause liver damage and cancer.

### Chlorophyll prevents our body from absorbing aflatoxin

Chlorophyll is a green pigment and the means by which plants and algae get energy from sunlight (photosynthesis). A study published in the journal *Cancer*

*Prevention Research* used a new technologically advanced assessment method called "Phase 0." The method safely tests low levels of carcinogens in human participants to measure aflatoxin exposure and to determine the effect of chlorophyll on reducing exposure.

Aflatoxin is absorbed by the body very rapidly; but the study showed that when chlorophyll is taken with aflatoxin, the former prevents it from being absorbed into the bloodstream and is quickly eliminated from the body.

### Chlorella is a rich source of chlorophyll

Chlorella, microscopic, single-celled algae, is considered a superfood by many. It is a complete food source containing essential fatty acids, carbohydrates, high quality protein etc. Among its many health benefits are its detox effects. Chlorella safely and effectively removes toxins, such as heavy metals, sulfites, pesticides and PCBs from the body. It is no surprise that this study adds fungi to the growing list.

References: Bailey, G. & all. "Effects of chlorophyll and chlorophyllin on low-dose aflatoxin B1 pharmacokinetics in human volunteers." *Cancer Prevention Research*. December, 2009.





## VITAMIN D SUPPLEMENTS MAY BATTLE CROHN'S DISEASE

By Maria Nørgaard, Health Professional

### Sixty thousand people in the UK suffer from Crohn's

Crohn's disease is an inflammatory bowel disease characterised by inflammation of the digestive tract lining. Typical symptoms include diarrhoea, abdominal pain, ulcers and malnutrition. It is often debilitating and can result in life-threatening complications.

Many scientists agree that a combination of two factors cause Crohn's disease. The first is a malfunctioning immune system. In people with Crohn's disease, the immune system erroneously thinks the good bacteria in the intestines are invading microbes and attacks them, which leads to inflammation and symptoms of the disease. Genetics is a second factor that seems to play a role in the disease, specifically hereditary defects or mutations in beta defensin2 and NOD2 genes. These genes are important for warning the body of invading microbes and producing antimicrobial proteins to counteract them. In

people with Crohn's disease, these defected genes are often switched off.

### Vitamin D switches beta defensin2 and NOD2 genes on

We know from previous studies that vitamin D protects us against viral and fungal infections. We also know that vitamin D is a potent

**Most scientists recommend that you take at least 2000 IU of the biologically active form of vitamin D, vitamin D3 (cholecalciferol).**

immune system modulator and has the ability to suppress an over-reaction in the immune system and even has anti-inflammatory effects. In a new study, vitamin D was found to fight Crohn's disease by switching on the defective beta defensin2 and NOD2 genes, which are vital for alerting the body of

invading microbes and fighting them by producing antimicrobial proteins.

Because most people with Crohn's disease are deficient in vitamin D and because the condition tends to be hereditary, researchers recommend people with a family history of Crohn's disease to ensure they are getting enough vitamin D. What is considered enough? Many scientists recommend at least 2000 IU per day of the biologically active form, vitamin D3 (cholecalciferol).



References:  
Wang, T. & all. "Direct and indirect induction by 1,25 dihydroxyvitamin D3 of the NOD2/CARD15-beta defensin2 innate immune pathway defective in Crohn's disease." Journal of Biological Chemistry," Vol. 285, January 2010.  
Mayo Clinic: [www.mayoclinic.com](http://www.mayoclinic.com)

...Continued from p 1: **Resveratrol may be the most promising HT alternative**

All of the phyto-oestrogens had significant oestrogenic effects and even had some anti-tumour effects. Surprisingly though, resveratrol had the highest anti-tumour effect and was more effective at increasing apoptosis (programmed cell death). In simple terms, cancer can result if there is too little apoptosis occurring 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 estradiol-like effects. Estradiol of 17β-estradiol is a hormone that represents the major oestrogen in humans. The ability of resveratrol to mimic 17β-estradiol makes it a safe and effective HT alternative to reduce menopausal symptoms.

References:  
Tamimi, R. & all. "Endogenous hormone levels, mammographic density, and subsequent risk of breast cancer in postmenopausal women." Journal of the National Cancer Institute. August 1, 2007. 99(15): 1178-1187.  
Sakamoto, T. & all. "Effects of dietary phytoestrogens on cell growth, cell cycle and apoptosis in estrogen-receptor positive breast cancer cells." Journal of Nutritional Biochemistry. October, 2009.  
Lægemiddelstyrelsen Statistik: [www.dkma.dk](http://www.dkma.dk)

**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)**



## DOES AN APPLE A DAY REALLY KEEP THE DOCTOR AWAY?

By Birgitte M. Nielsen, Health Professional

The popular adage "an apple a day keeps the doctor away" may be based on very little myth and a lot of fact. During the past years, researchers have been putting this proverb to the test and the outlook may be better than initially expected.

### What's in an apple?

According to these studies, eating apples regularly means a host of health benefits for us. This is because they are a rich source of phytonutrients - natural plant compounds, such as flavonoids and phenols. The best known are quercetin and catechin, which can also be found in green tea. These phytonutrients

have potent antioxidant properties and as you probably already know oxidation plays a major role in many chronic diseases, such as cardiovascular disease, cancer and asthma. Apples are also good sources of dietary fibre and vitamin C.

### Are all varieties of apples equally good?

According to studies, some varieties of apples contain more phenolic compounds and flavonoids than others. Apples with the highest amounts of these nutrients include: Fuji; Red Delicious; Granny Smith; Rome; and Idared.

Studies have also shown that the peel has a higher concentration of these antioxidants than the flesh; so next time you pick an apple to eat, forget the peeler!

References Licht, T.R. & all. "Effects of apples and specific apple components on the cecal environment of conventional rats: role of apple pectin." BMC Microbiology. January 2010. • Boyer, J. & all. "Apple phytochemicals and their health benefits." Nutritional Journal. 2004 • Ames, B.N. & all. "Oxidants, antioxidants and the degenerative diseases of aging." PubMed. September 1993. • Feskanich, D. & all. "Prospective study of fruit and vegetable consumption and risk of lung cancer among men and women." Journal National Cancer Institute. November, 2000. • Sesso, H.D. & all. "Flavonoid intake and the risk of cardiovascular disease in women." American Journal of Clinical Nutrition. June, 2003. • Woods, R.K. & all. "Food and nutrient intakes and asthma risk in young adults." September 2003. • Tabak, C. & "Chronic obstructive pulmonary disease and intake of catechins, flavonols and flavones: the MORGEN study. American Journal of Respiratory Critical Care Med. July, 2001. Knekt, P. & all. "Flavonoid intake and risk of chronic diseases." American Journal of Clinical Nutrition. September, 2002.

## What can eating apples do for you?

### Pectin in apples increases good intestinal bacteria:

A recent study discovered that pectin, a soluble dietary fibre found in apples, increases the amount of good bacteria in the intestines. If you eat apples regularly, in the long run they can help to keep a good balance of your intestinal microflora. A balanced intestinal microflora is believed to provide protection against gastrointestinal disorders and colorectal cancer.

### Eating apples lowers risk of cancer by 21%:

One study found a direct link between apple consumption and a 21% lowered risk of lung cancer. Regular apple consumption has also been linked to a reduced risk of colorectal cancer.

### Apples lower risk of cardiovascular disease by 35%:

Many studies have shown an inverse link between flavonoid consumption and risk of cardiovascular disease - apples contain high levels of flavonoids. In one particular study, participants consuming the highest amounts of flavonoids had a 35% reduction in risk of cardiovascular events and a 13-22% lowered risk of developing cardiovascular disease.

### Apples decrease asthma risk and improve lung function:

In a study from Australia, eating apples was associated with a lowered risk of asthma and bronchial hypersensitivity. In another study, people who ate apples regularly had better lung function and less risk of chronic obstructive pulmonary disease.

### Apples reduce type 2 diabetes risk:

A study from 2002 found that higher intake of apples - due to their quercetin levels - is associated with a lowered risk for type 2 diabetes.



#### 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 Bünemann, 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.