



HEART DISEASE AND DIABETES SLASHED WITH VITAMIN D

By Dr. Bo M. Nielsen

A new study from the UK suggests high levels of vitamin D can ward off heart disease and diabetes in older adults by 33% and 55% respectively. Do you get enough vitamin D to protect yourself from these and other diseases? Read on to find out.

Are you getting enough of the sunshine vitamin?

If you live in the UK or anywhere else in the Northern hemisphere, probably not. Many researchers believe that as much as 96% of the UK population do not get sufficient levels of vitamin D. This is partly due to the lack of adequate year-round sun plus diminishing concentrations of vitamin D in food sources.

Is this a problem?

Countless studies say yes; vitamin D deficiency has been linked to virtually all chronic diseases, such as cancer, autoimmune diseases, infectious diseases, respiratory

diseases, and of course osteoporosis.

Vitamin D also lowers heart disease and diabetes risk

A new meta-analysis and systematic review has found that middle-aged and older adults with the highest levels of vitamin D have a 33%, 55% and 51% lowered risk of developing heart disease, type II diabetes and metabolic syndrome respectively.

So, unless you can lie in the sun 20 minutes every day, supplementing with 2000 IU of vitamin D is the ideal way to make sure you are optimally and safely pro-

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protecting yourself against heart disease, diabetes and many more health conditions.

References:
Franco, O.H. & all. "Levels of vitamin D and cardio-metabolic disorders: systematic review and meta-analysis." *Maturitas Journal*. Vol. 65, Issue 3. pp. 225-236. March 2010

Doctor's Natural Vitamin D3 Extra has 2000 IU of the natural, biologically active form of vitamin D3.



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LEAD EXPOSURE COULD BE TO BLAME FOR MANY ADHD CASES

By Maria Nørgaard, Health Professional

Our use of leaded fuel and lead in our pipes and paints has declined in the past decades, but that doesn't mean we are not being exposed to harmful amounts of lead. Children are particularly vulnerable to lead exposure and a new study has found a link between lead exposure and incidence of ADHD.

Even "safe" levels of lead in the blood are toxic to children

A study from the University of Bristol Centre for Child and Adolescent Health last year found that children exposed even to "safe" levels (10 mcg/dl of blood) of lead had poorer behaviour and academic performance than children with the lowest exposure to lead. And that is because there is still a lot of lead present in our environment despite regulations that ban leaded fuel and lead-based paints.

Children exposed to lead also have a higher risk of ADHD

A new study has also found that children with higher levels of lead in their blood had a higher risk of developing ADHD (attention defi-

cit hyperactivity disorder).

The largest sources of lead today are: lead-based paints; household dust; lead water pipes; soil; children's toys; bead necklaces; Christmas lights; contamination through food and drink in contact with earth-glazed pottery; and industrial emissions from mining, smelting and recycling lead.

The Health Protection Agency says it is long-term exposure that is the most harmful and can lead to anaemia, lethargy, muscle tremors, kidney and liver damage and high blood pressure. Children who have high levels of lead in their bones may have stunted growth.

How to minimise lead concentrations in the body

Chlorella, a microscopic algae have been known for quite some time to effectively and safely bind to and eliminate lead and other heavy metals and toxins from the body.

References:

Nigg, J.T. & all. "Confirmation and extension of association of blood lead with attention-deficit/hyperactivity disorder (ADHD) and ADHD symptoms domains at population-typical exposure levels." *Journal of Child Psychology and Psychiatry*. January 2010.

Chandramouli, K. & all. "Effects of early childhood lead exposure on academic performance and behaviour of school age children." *Archives of Disease in Childhood*. 2009.

Health Protection Agency: www.hpa.org.uk

Can children take Chlorella?

Generally, children over the age of three can take chlorella. The normal dose is up to 1 gram a day, but this depends on age and we advise that you consult a paediatrician with knowledge of nutritional supplements. Typically, children should take 1 gram of chlorella for a maximum of 3 months, followed by a 1 month pause, followed by another 3 months of treatment. During the process, detox symptoms such as skin impurities, nausea, fatigue and upset stomach may occur. While this is completely normal, you can try lowering the dose for a while if symptoms are bothersome.

Doctor's Natural Super Chlorella is organic and each tablet contains 500 grams or a total of 1 gram per daily dose.

Feel free to call one of our health professionals to discuss how best to give your child and/or yourself chlorella supplements.





OMEGA-3 FISH OIL MAY DELAY BIOLOGICAL AGING IN PEOPLE WITH CORONARY HEART DISEASE

By Birgitte M. Nielsen, Health Professional

Telomere shortening determines biological aging

It is not just wrinkles that give away your age; the rate at which telomeres shorten is the real aging marker.

DNA strands make up chromosome at the end of which are telomeres, areas of repeat DNA sequences that protect our



chromosomes from damage. In essence, telomeres prevent chromosomes and their DNA from duplicating all the way to their ends during cell division, which would otherwise lead to the loss of the ends of chromosomes and the information contained in it.

Why is this important?

Well, throughout our lives our cells are continuously dividing and new ones are created. In order to keep the same genetic information (this never changes throughout our lifetime), our chromosomes along with their DNA get duplicated in each cell. With every cell

division, telomeres get progressively shorter, which determines biological aging. Inevitably, our telomeres will shorten as we age, but it is the rate at which they shorten that is linked to how fast we age. In other words, the slower the shortening of telomeres, the slower we age.

Omega-3 fish oil lowers telomere shortening rate

A new study has found that people with coronary heart disease and higher levels of omega-3 fish oil had a lower rate of telomere shortening compared to those with the lowest levels of the fatty acid. In fact, each 1-standard deviation increase in omega-3 fish oil resulted in a 32% reduction in the likelihood of telomere shortening.

References:

Farzaneh-Far, R. & all. "Association of marine omega-3 fatty acid levels with telomeric aging in patients with coronary heart disease." The Journal of the American Medical Association (JAMA). Vol. 303. No. 3. January, 2010.

KEEP YOUR MIND SHARP WITH GRAPES

An inevitable part of aging is declining memory and mental performance. But you may be able to delay that and keep your mind sharp with grapes, says a new study.

Daily supplementation with grape juice improves brain function in older adults

A recent randomised, placebo-controlled, double-blind trial has found daily supplementation with grape juice helps boost memory and mental function in older adults.

Specifically, verbal learning and verbal and spatial memory improves in participants taking daily sup-

plements of grape juice.

Grapes are packed with antioxidant polyphenols, such as resveratrol, which help to counteract the effects of free radicals and oxidative stress. Free radicals and oxidative stress are harmful to us, speed up aging and play a large role in the development of many chronic diseases including heart disease and cancer.

Grape seed extract is a rich source of resveratrol and other polyphenols

In order to get health benefits from grapes, we would have to eat a large amount of them or drink litres of grape juice. Furthermore, resve-

ratrol, and most other antioxidant nutrients, are most concentrated in the seeds and peel of grapes. One of the best ways to ensure you are consuming enough antioxidants from grapes is to take a high quality grape seed extract supplement which preferably has extra resveratrol.

Doctor's Natural Grapavin (grape seed extract supplement) contains extra resveratrol for optimal mental function and overall health and well-being.

References: Krikorian, R. & all. "Concord grape juice supplementation improves memory function in older adults with mild cognitive impairment." British Journal of Nutrition. March 2010.



DRINKING COFFEE LOWERS THE RISK OF DIABETES BY 67%

By Hala Sati, Editor

Not willing to give up your caffeine fix every day? You don't have to, and in fact, drinking several cups of coffee a day can even be good for your health!

Over 2 million people in the UK are living with type II diabetes

Over 2 million people in the UK are currently living with type II diabetes, a disease characterised by the body producing defective or not enough insulin, which leads to high blood sugar levels. It is a life-long condition that often results in parallel conditions, such as heart disease.

Antioxidant-rich coffee combats oxidative stress

For years we have been told to limit our caffeine intake because it is damaging to our health. But numerous studies are showing that the opposite may be true. Of course, if you have high blood pressure or suffer from a sleep disorder, many cups of coffee may not be for you. A little later we will tell you about an ideal alternative.

A new study has found that drinking 12 cups of coffee a day lowers diabetes risk by an astounding 67%, eight to 11 cups a day lowers the risk by 22% and three to four cups a day lowers diabetes risk by 13%.

Researchers believe coffee has this effect because of its high antioxidant content. Rich in polyphenols - natural plant chemicals that act as antioxidants - coffee neutralises oxidative stress that plays a big role in the development of type II diabetes. Scientists also think that the magnesium present in coffee beans also protects against diabetes although the exact mechanism is still unknown.

Don't or can't drink 12 cups of coffee a day?

Okay, so 12 cups of coffee a day may be a little too much for many of us! But you still want protection against diabetes, so what can you do? Apart from leading a healthy lifestyle that includes a balanced diet and exercise, you can take supplements that are rich in antioxidant polyphenols and have been shown in scientific studies to lower the risk of diabetes.

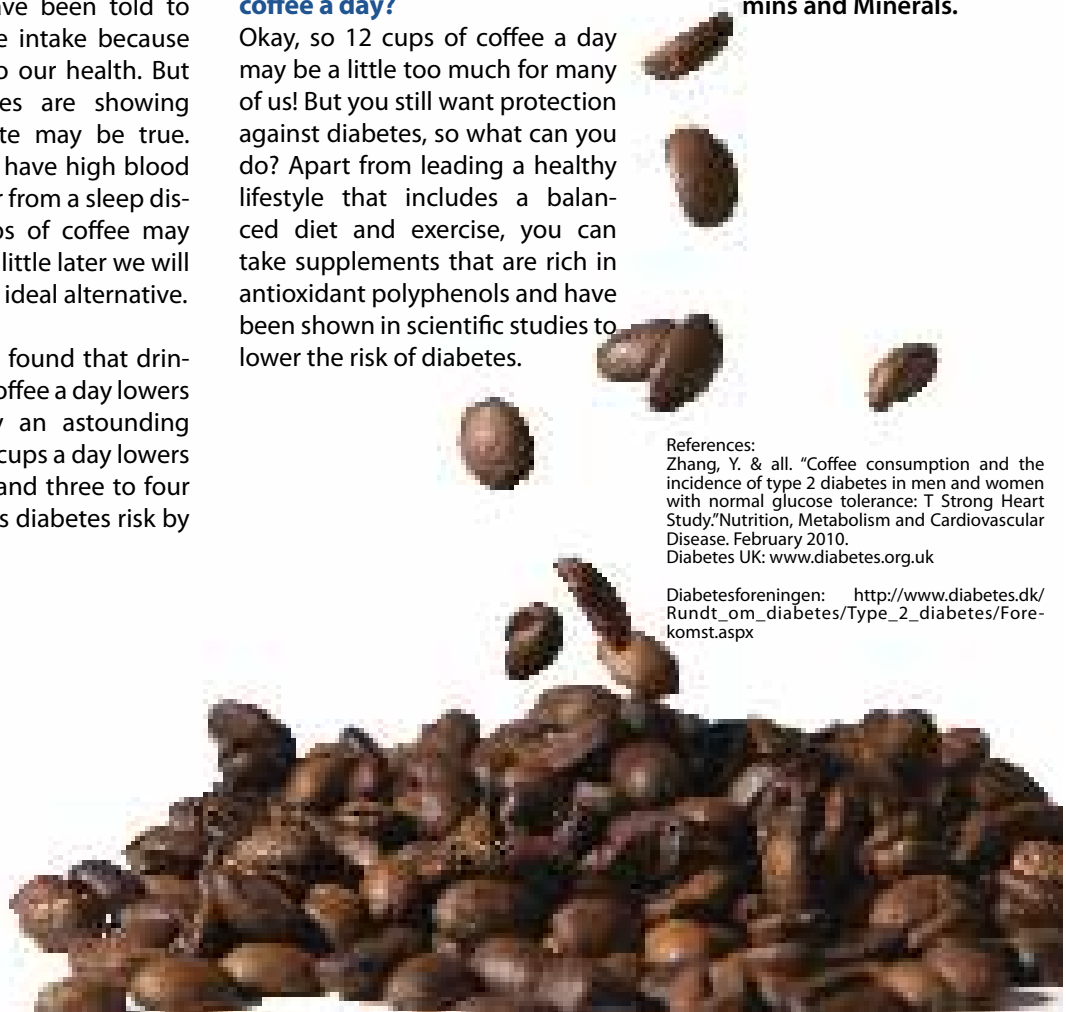
Various supplements achieve this, including grape seed extract, açai berries, green tea extract and quercetin.

The following Doctor's Natural supplements are a rich source of antioxidant polyphenols: **Grapavin (grape seed extract); Açai Berries; and Phyto-Synergy (green tea extract and quercetin).** For best effect combine with Vitamins and Minerals.

References:

Zhang, Y. & all. "Coffee consumption and the incidence of type 2 diabetes in men and women with normal glucose tolerance: T Strong Heart Study." Nutrition, Metabolism and Cardiovascular Disease. February 2010.
Diabetes UK: www.diabetes.org.uk

Diabetesforeningen: http://www.diabetes.dk/Rundt_om_diabetes/Type_2_diabetes/Forekomst.aspx



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