



Red wine may prevent lung cancer in men by 60%

By Dr. Bo M. Nielsen, M.D.

This is especially promising news for smokers since one in three Europeans are smokers and are about 15 times more likely of developing lung cancer than non-smokers.

Cigarette smoke and oxidative stress

Cigarette smoke contains over 4,000 chemicals and toxins, 60 of which are known to cause cancer. This places smokers under a lot of oxidative stress, which ultimately leads to cell damage and chronic disease such as lung cancer. Consequently, the body of a smoker is almost always depleted of vital antioxidants that would otherwise

help in reducing the level of oxidative stress.

Red wine's antioxidant properties

A new study of men aged 45 to 69 years found that smokers who drank at least one glass of red wine a day reduced their risk of lung cancer by 60 percent compared to other smokers who didn't drink wine on a daily basis.

What makes red wine so healthy? Red wine contains many natural antioxidants; over 300 of them in fact. Resveratrol is perhaps the best known antioxidant compound that is produced naturally by grapes as a defense



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mechanism against bacteria and fungi. In our bodies, resveratrol helps to neutralize free radicals (for example from cigarette smoke), which cause oxidative stress and chronic disease.

Red or white wine?

White wine may contain antioxidants but in much smaller concentrations than red wine. The study only found a link between red wine and reduced risk for lung cancer.

References: Chao, C. & all. "Alcoholic Beverage Intake and Risk of Lung Cancer: The California Men's Health Study." Cancer Epidemiology, Biomarkers & Prevention. Volume 17, Issue 10, pp. 2692-2699. October, 2008.

What if you can't or don't want to drink a glass of red wine every day?

Do not despair because we have the perfect alternative for you.

Doctor's Natural Grapavin + extra resveratrol

Let us first start by telling you that 100 mg of our grape seed extract supplement is equivalent to approximately 4,000 grape seeds and in one Grapavin+ capsule there is at least twice the amount of resveratrol than in one whole bottle of red wine! If one glass of red wine a day may prevent lung cancer by 60 percent, imagine the health benefits you can get by consuming the equivalent of a bottle of red wine a day – without the negative effects of alcohol of course! And for all you wine lovers; you can still drink wine while taking Grapavin+ supplements.



Grape seed extracts used in Doctor's Natural supplements are made from the concentrate of red grape (seeds and skin) waste products from wine producers and therefore do not burden the environment.



RDA of vitamin D to double for children

By Sidsel Jeberg, Nutrition Advisor

Last month, the American Academy of Pediatrics (AAP) doubled the Recommended Daily Allowance (RDA) of vitamin D for children from 200 international units (IU) to 400 IU.

Why is vitamin D so important?

Vitamin D is vital for promoting the gastrointestinal absorption of calcium and phosphorus. This is because vitamin D preserves normal levels of calcium and phosphorus in the blood, which is necessary for children to develop and maintain strong bones.

Vitamin D and rickets

Unfortunately, rickets is still prevalent around the world today. It is a children's disease that results from vitamin D deficiency and is characterized by the softening and weakening of bones, which can lead to skeletal deformities. By doubling the RDA of vitamin D for children, the AAP hopes to slowly eradicate this crippling disease.

Vitamin D and breastfeeding

According to the AAP, human milk does not contain sufficient levels of vitamin D and children most at risk for rickets are those who are breastfed without vitamin D supplementation. All breastfed infants should be given vitamin D supplements (400 IU) and supplementation should begin within a few days of birth.

Vitamin D and sunlight

Children who do not get regular sun exposure are also at a higher risk of developing rickets. Our skin produces vitamin D when it is exposed to sunlight. Regular moderate sun exposure is preferred to sun exposure with sunscreens because sunscreens in reality decrease vitamin D production in the skin significantly.

References:

Greer, F. & all. "Prevention of Rickets and Vitamin D deficiency in infants, children, and adolescents." Pediatrics. Volume 122, pp. 1142-1152. 2008.



How can you obtain the new vitamin D recommendations?

To obtain the RDA of vitamin D and prevent rickets, supplement your child with Doctor's Natural vitamins that will provide your child with the correct and safe dose of this crucial vitamin.

If you want advice on which supplements may benefit you, do not hesitate to contact your medical advisor.

You can also call Doctor's Natural directly and speak with one of our medical professionals on 70 23 2003 2005 or email support@doctorsnatural.dk

Ginkgo biloba may prevent brain damage from stroke

A new study suggests that daily supplementation with ginkgo biloba may help to protect against brain cell damage following a stroke.

What is ginkgo biloba?

The Ginkgo biloba tree is one of the oldest trees in the world and is native to Eastern China. Its leaves have been used for medicinal purposes for thousands of years to treat stress, impotence, memory loss, asthma, circulatory disorders

and cardiovascular disease.

Ginkgo biloba has potent antioxidant properties

The study found that ginkgo biloba enhances HO-1 production. HO-1 is an enzyme that doubles as an antioxidant and has a protective effect against inflammation. The study found that animals receiving daily supplements of ginkgo biloba extract had 50.9 percent less neurological dysfunction and 48.2 percent less brain damage than animals not receiving ginkgo

biloba supplements.

This is good news for people at high risk of stroke and daily supplementation with ginkgo biloba could be used as a preventive measure against brain damage.

References:
Saleem, S. & all. "Ginkgo biloba extract neuroprotective action is dependent on heme oxygenase 1 in ischemic reperfusion brain injury." Johns Hopkins Medicine Website. Published online before print. October 9, 2008.

If you want to prevent brain damage associated with stroke as well reduce excessive mental and physical stress and improve blood flow to the brain, try Doctor's Natural Anti-Stress treatment now.



Cholesterol-lowering medications linked to increased risk of cancer

By Cristina Hane, MBA, Nutrition Advisor

Statins, cholesterol-lowering drugs, are the most widely sold medications, bringing in billions of dollars to the pharmaceutical industry worldwide. But these heavily advertised drugs have terrible side effects including an increased risk of cancer. A new study that is being investigated by the U.S. Food and Drug Administration, suggests that Inegy, a statin that combines two drugs (simvastatin and a new medication called ezetimibe) causes cancer.

Statins at a glance

Statins are drugs that are intended to lower cholesterol by inhibiting an enzyme called HMG-CoA reductase, which controls cholesterol synthesis in the liver. A few years ago, an LDL (unhealthy)

cholesterol level of 130 mg was deemed healthy by the U.S. government's National Cholesterol Education Program. In 2004, however, the Program's panel changed the guidelines and recommended that LDL cholesterol be kept at less than 100 mg. Why? For the simple reason that eight out of nine doctors on the approval panel were financially benefiting from the pharmaceutical drug companies that produced statins. There is no solid scientific evidence supporting these new claims.

It is becoming harder to believe that pharmaceutical companies and doctors with a financial interest in the sale of statins are really working for the greater good of the public when we hear that they are now trying to get the govern-

ment to approve the sale of statins over the counter!

Here is another shocking piece of information: two-thirds of medical research and all statin trials have been funded by private pharmaceutical companies as opposed to the government. One can only imagine the level of corruption and results that are suppressed during these medical trials.

Statins linked to cancer and much more

That statins increase the risk of cancer has been proposed for some years now. One study published in the Lancet

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found a 1,500 percent increase in the risk of breast cancer in women taking the statin Pravachol. But cholesterol-lowering drugs haven't just been linked to cancer; there are a host of adverse side effects including weakness, muscle aches, immune system suppression, rhabdomyolysis (a serious degenerative muscle tissue condition), liver failure, memory loss and heart disease.

Heart disease? Yes, that's right and quite ironic considering that pharmaceutical companies claim statins reduce the risk of heart disease by

lowering cholesterol. In fact, statins increase the risk of heart disease because they drain the body of coenzyme Q10 levels! Coenzyme Q10 is a crucial substance with antioxidant properties that provides all of our cells with energy. Our heart needs a large amount of energy to contract and pump blood to all of our body. It receives this energy from coenzyme Q10. So, when coenzyme Q10 levels are depleted, the heart muscle does not receive enough energy and becomes weak. This often leads to congestive heart failure (when the heart can no longer pump enough

blood to the rest of our organs).

So what can you do if you have high cholesterol that needs lowering?

There are several natural, side effect-free alternatives that have none of the undesirable side effects of statins.

References: Struthers, M. & all. "Reasons to be cautious about cholesterol-lowering drugs." *British Medical Journal*. Volume 337. 2008.
Bays, H. & all. "Long-term (48-week) safety of ezetimibe 10 mg/day co-administered with simvastatin compared to simvastatin alone in patients with primary hypercholesterolemia." *Curr Med Res Opin*. 2008.
Jenny Hope. "Cholesterol pill taken by thousands linked to increased risk of cancer." *The Daily Mail*. August 22, 2008.
Dr. Mercola (www.mercola.com).



By Birgitte M. Nielsen, Nutrition Advisor

Chromium supplements help weight loss

Approximately 50 percent of Europeans are overweight, which increases their risk of diseases such as diabetes, high blood pressure and heart disease. But for many people, especially women, weight management is an ongoing battle. Maintaining an ideal weight can be difficult, particularly due to the more sedentary lifestyle we tend to lead today. But here's a piece of information that can brighten up your day: new research suggests that chromium can enhance satiety and decrease hunger pangs, helping you to lose weight naturally.

Chromium: an essential mineral

Chromium is an essential trace mineral that is involved in the metabolism of carbohydrates and fats, in the regulation of blood sugar levels and blood pressure, as well as in the activation of certain enzymes for energy production. Chromium's role in glucose metabolism, by

controlling the absorption of glucose into cells, helps to prevent blood glucose concentrations from rising past a certain level. This in turn reduces the risk of hypoglycemia, pre-hypoglycemia, type 2 diabetes and the feeling of hunger. Chromium is also important in the prevention and treatment of heart disease and osteoporosis.

Daily chromium supplements reduce food intake and cravings

A study this year involving 42 overweight women revealed that daily supplementation with chromium reduced food intake by 25 percent. Hunger levels and food cravings, especially high-fat foods, carbohydrate and sweet cravings, were also decreased. Moreover, during the eight week trial period, women lost 0.5 kg compared to an average 0.5 kg increase in the placebo group without changing their diet.

Can you get enough chromium from dietary sources?

NO. Small amounts of chromium can be found in foods such as whole grain breads, lean meats, cheese and brewer's yeast. However, chromium is poorly absorbed by our body, which means higher concentrations of this mineral are needed if we are to obtain its health benefits and the content of chromium in the soil, which affects food sources, is much lower than 10 years ago.

References: Anton, S.D. & all. "Effects of Chromium Picolinate on Food Intake and Satiety." *Diabetes Technology & Therapeutics*. Volume 10, Issue 5, pp. 405-412. October 2008.

Chromium supplements

In order for you to obtain effective yet safe doses of chromium, supplementation is necessary. Manage and maintain ideal your weight with Doctor's Natural minerals, which contains chromium in the most effective, safe and natural form.

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