

# HOLLY HILL HEALTH FOODS

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## Natural Insights for Well Being®

July 2018

### Longevity

#### Omega-3s and -6s extend healthy life

##### Omega-3s vs. cholesterol

The link between omega-3s and chances of death from heart, circulatory, or any other cause has been unclear, until now. In this study, doctors measured cell-membrane levels of the omega-3s EPA, DHA, and DPA in 2,500 men and women, average age 66.

After seven years, those who began the study with the highest Omega-3 Index scores, greater than 6.8 percent, were 34 percent less likely to have died from any cause, and 39 percent less likely to have died from heart or circulatory causes, including stroke, compared to those with Omega-3 Index scores below 4.2 percent.

In a first-of-its-kind test, doctors compared the Omega-3 Index scores with total cholesterol levels, which they had also measured at the start of the study. Although they had expected to find a link between lower cholesterol levels and reduced chances for the causes of death they had tracked in the study, this turned out not to be the case.

##### Omega-6s

Linoleic acid (LA) is the most common omega-6 fatty acid, and earlier studies found a cholesterol benefit. But some doctors have expressed concern that once LA converts to arachidonic acid (AA) in the body, AA promotes low-grade inflammation.



In this study, doctors measured omega-6 levels in 2,480 men, aged 42 to 60, some with a history of heart, circulatory, diabetic disease, or cancer, and some without. After 22 years of follow-up, those with the highest levels of LA were 43 percent less likely to have died prematurely from any cause compared to those with the lowest levels. There was also a similar, but milder, relationship between high levels of AA and better chances of survival.

A person's diet will determine LA levels, with the main sources being vegetable oils, plant-based spreads, and nuts and seeds, but diet will have very little effect on AA levels.

REFERENCE: JOURNAL OF CLINICAL LIPIDOLGY; 2018, S1933-2874, PUBLISHED ONLINE

JULY'S

### Healthy Insight

#### Lose Weight with Pre- and Probiotics

New findings show the brain and gut connect to help control appetite. In this study, doctors gave 105 men and women a placebo or 10 mg of the probiotic L-rhamnosus plus 210 mg of the prebiotic oligofructose and 90 mg of the prebiotic inulin during a 12-week moderate calorie-restricted diet, and then during another 12 weeks of supervised diet without calorie restriction. Women taking pre- and probiotics had fewer cravings, less hunger, were more satisfied after eating, and had higher body-esteem scores. Men felt more satiated and had better mental control of appetite.

REFERENCE: NUTRIENTS; 2017, VOL. 9, NO. 3, E284, PUBLISHED ONLINE

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# Diabetes Update

## Nutrients improve lipids, help normalize blood pressure and sugar

### Astaxanthin

Those with type 2 diabetes often have elevated lipid levels and poor glucose handling. Astaxanthin is the bright red-orange, fat-soluble carotenoid in salmon, lobster, and some algae, with



much higher antioxidant activity than vitamin C.

In this study, 44 men and women with type 2 diabetes took 8 mg of astaxanthin per day, or a placebo. After eight weeks, while the placebo group had not changed, those taking astaxanthin had lower levels of abdominal fat, reduced triglycerides and LDL, the “bad” cholesterol. By the end of the study, blood pressure had also declined and glucose levels had decreased slightly for those taking astaxanthin.

### Multivitamin with omega-3s

A fairly simple preventive health program reduced chances of progressing to diabetes, and improved glucose status in those with type 2 diabetes. In this study, 1,018 participants with type 2 diabetes or prediabetes met with a

health care practitioner to set individual health goals. All took daily vitamin D drops of 1,000 IU per drop and were encouraged to get vitamin D levels to at least 40 nanograms per milliliter of blood, or 100 nanomoles per liter.

Participants also took a basic daily multivitamin mineral, or a more comprehensive multivitamin with more trace minerals, carotenoids, and omega-3s. After two years, vitamin D levels had increased for all participants, but only those taking the comprehensive multivitamin-mineral with omega-3s saw lower long-term average blood sugar levels, and lower levels of the inflammatory marker, high-sensitivity C-reactive protein. Overall, 44 percent of those pre- and diabetics who took the multivitamin-omega-3 combination returned to normal blood sugar levels.

REFERENCE: ASIA PACIFIC JOURNAL OF CLINICAL NUTRITION; 2018, VOL. 27, No. 2, 341-6

# Regularity

## Oligofructose and yeast fermentate help rebalance the gut

### Oligofructose chicory root fiber

Fiber in the diet is key to regularity, but doctors said just one in 10 North Americans get the necessary 25 grams per day for women, or 38 grams per day for men. This study followed 97 healthy adults, aged 18 to 65, with body mass index scores of 35 or below, a diet average of 13 grams of fiber per day, and no more than three bowel movements per week.

After a four-week placebo phase, participants took 5, 10, and then 15 grams of oligofructose per day in three more four-week phases. While movement did not improve during the placebo phase, those taking oligofructose who also got more than 13 grams of fiber in their regular diet

saw increased movement frequency beginning with the 10-gram dose. Oligofructose did not cause stomach upset in any of the participants.

### Yeast fermentate

Even people who are generally healthy can have gut discomfort and constipation. In this study, 80 healthy adults with moderate to severe constipation took a placebo or 500 mg of yeast fermentate per day for six weeks.

Beginning at two weeks, while the placebo group had not changed, all those taking yeast fermentate reported better stool consistency, fewer symptoms including bloating, distention, and feeling full, better quality of life, and lower levels of stress. Those with

moderate constipation also reported increased movement frequency.

In an important finding, two types of gut bacteria that earlier studies found to be low in those with constipation increased in the yeast fermentate group who had severe constipation. Doctors said the findings offer clues to rebalancing the gut microbiome and restoring regularity.

REFERENCE: NUTRIENTS; 2017, VOL. 9, No. 12, NU912372



# Healthy Women

## Nutrients aid women in menopause and childbirth

### Soy lecithin reduced fatigue, blood pressure

Daily or weekly fatigue often accompanies menopause. Soy lecithin and egg yolk contain phospholipids—compounds that can repair damaged cell membranes—with earlier studies finding a fatigue benefit for soy lecithin. In this study, 89 menopausal women complaining of fatigue took 600 mg or 1,200 mg of soy lecithin per day, or a placebo.

After eight weeks, while there were no changes for placebo, and only slight improvement in the low-dose lecithin group, those in the high-dose lecithin group reported much less fatigue, and showed greater improvement in major aspects of energy and mood including tension, depression, anger, vigor, fatigue, and confusion. Diastolic blood pressure

also decreased by an average of 4.1 mmHg in the high-dose soy lecithin group.

### Capsella bursa reduces postpartum hemorrhage

Excessive bleeding within 24 hours of giving birth—regardless of delivery method—is the leading cause of maternal mortality worldwide. Many cultures have used capsella bursa, or shepherd's purse, to treat hemorrhages and heavy menstrual bleeding. This study included 100 women, aged 20 to 35, with fewer than three pregnancies and no C-section births, were between 37 and 42 weeks pregnant, had a normal duration of labor, and no severe tears.

At delivery, doctors administered oxytocin, the standard treatment to help speed and extend uterine contractions,

plus a placebo or 500 mg of capsella bursa liquid tincture drops under the tongue. Women in the capsella bursa group lost an average of 76.9 milliliters of blood compared to 112.64 for women in the placebo group who received oxytocin alone.

**REFERENCE:** NUTRITION JOURNAL; 2018, VOL. 17, No. 4, PUBLISHED ONLINE



## Mental Health

### Nutrients ease anxiety, depression, and may prevent first-time psychoses

#### Saffron reduced anxiety and depression in teens

In the first study to use saffron to treat anxiety and depression in teenagers, 68 teens with mild to moderate anxiety or depressive symptoms took a placebo or 14 mg of saffron extract twice per day.

After eight weeks, teens taking saffron self-reported less anxiety and depression overall. Symptoms of

internalizing, such as social withdrawal, not talking, difficulty concentrating, head or stomach ache, eating more or less than usual, sadness, feeling lonely, unloved or unwanted, decreased by 33 percent for saffron compared to 17 percent for placebo.

Parents assessing the internalizing behaviors differed moderately from their children's assessments, but the teens themselves reported less anxiety and depression.

measured blood levels of six vitamins and 10 minerals in 2,612 individuals who were experiencing FEP or who were in the early stages of treatment.

Nine of the studies found a strong link between low levels of vitamin B9 (folate) and FEP. Seven of the studies found that low levels of vitamin D were a major difference between those with FEP and similar, but healthy non-psychiatric individuals. Five studies measured antioxidants and found large deficits of vitamin C in FEP.

This is the first study to measure nutrient status in FEP, and the first to show that, compared to non-psychiatric individuals, people with FEP may also have low nutritional status even before antipsychotic treatment.

**REFERENCE:** JOURNAL OF AFFECTIVE DISORDERS; 2018, VOL. 232, 349-57



#### Vitamins B9, C, and D

Lack of nutrients, or the inability to absorb nutrients, is a well-known factor in long-term psychiatric disorders. This study looked at first-time, or first episode, psychosis (FEP). Doctors analyzed findings from 28 studies that

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## Diabetes Update II

### Hesperidin lowered blood pressure, reduced inflammation in type 2 diabetes

#### The bioflavonoid also boosted antioxidant capacity

People with diabetes often have circulatory and inflammatory conditions. In this study, 64 men and women with type 2 diabetes took 500 mg of hesperidin per day, or a placebo.

After six weeks, while the placebo group had not changed compared to the start of the study, those taking hesperidin saw systolic blood pressure decline to 119 from 122.7 mmHg. Doctors also measured average arterial blood pressure, which declined to 91.8 from 94.2 mmHg.

Measuring inflammation, levels of interleukin-6, an inflammatory marker, decreased to 7.4 from 8.3, and another

marker, high-sensitivity C-reactive protein, dropped by 42 percent to 1.1 from 1.9. Meanwhile, total antioxidant capacity increased to 0.82 from 0.74. Discussing the findings, doctors said the bioflavonoid hesperidin, primarily found in citrus fruits, may help blood vessels function better and reduce inflammation in type 2 diabetes.

**REFERENCE:** PHYTOTHERAPY RESEARCH; 2018, PUBLISHED ONLINE



## Your Good News!®

We're dedicated to discovering the benefits of good nutrition and healthy lifestyle, and hope this issue of Natural Insights for Well Being® informs and inspires you to take an active role in your health. Please ask us to assist you with any natural products you would like to know more about.

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