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N E W S L E T T E R

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The benefits of chocolate

by Donald R. Davis, Ph.D.

Our most popular candy is good for you? Probably so, in moderation, according to recent research on the health benefits of chocolate. Despite some minuses, mainly the sugar added to nearly all chocolate products, the key chocolate ingredient is a whole food rich in nutrients and phytochemicals. These pluses give chocolate a big edge over other candies that have few, if any, nutritional virtues. Here we will discuss what chocolate is, what it contains, and the benefits and harms attributed to it. We will also mention how to enjoy chocolate without that added sugar and its seemingly "addictive" qualities.

Chocolate, and especially cocoa powder, contains large amounts of natural antioxidants called flavonoids.

The essential ingredient in chocolate comes from the brown, oily seed of the cacao tree, native to equatorial regions of the Americas. Large pods contain dozens of almond-sized seeds. After being fermented and dried, they are called cocoa beans. Billions of pounds per year are shipped throughout the world. They are roasted, shelled, and ground to a warm, oily paste called chocolate liquor. When cooled, the liquor hardens to what we know as baking or bitter chocolate. If some of the oil is first squeezed out, the cooled solid is ground to become baking cocoa. The cooled oil solidifies to cocoa butter, which is prized for its melt-in-the-mouth qualities in chocolate candies. Both

baking chocolate and cocoa taste quite bitter.

When they were discovered by the Spanish conquistadors in 1519, Aztec leaders enjoyed a chocolate beverage called xocolatl (pronounced shocolate), meaning "bitter water." Too bitter for Europeans, it was sweetened with sugar, becoming a popular, though expensive, hot beverage in chocolate shops throughout Europe in the 1500s and 1600s. Chocolate candy did not appear until cocoa butter and milk chocolate were discovered in the 1800s. Soon chocolate products proliferated, boosted by falling prices for sugar.

Modern sweet and semisweet chocolates contain about 15% to 70% processed chocolate by weight, sweetened with 30% to 60% sugar. Milk chocolate contains 12% to 25% milk solids, which broadens its nutritional value. Some chocolates also contain nuts and their numerous nutrients. Whereas many candies are nearly pure sugar, chocolates contain substantial amounts of a variety of nutrients.

It is the phytochemicals in chocolate, however, that have attracted the most recent attention. Chocolate, and especially cocoa powder, contains large amounts of natural antioxidants called flavonoids. Also found in tea, red wine, vegetables, fruits, and coffee, these flavonoids probably help prevent heart disease, cancer, and other diseases. Certain flavonoids called procyanidins are especially rich in chocolate, including some potent forms scarcely found in tea and wine.


Preliminary research in test tubes and animal tissues finds that chocolate

continued on page 2

Very low lead in kids has high IQ cost

Hugh Riordan, M.D., has said for years that, "If you have a little lead, you will be a little dumb." Now research has shown he has been correct.

"This has been a bombshell," says Bruce Lanphear, an epidemiologist at Children's Hospital Medical Center in Cincinnati. His research has indicated there is "no threshold for the adverse effect of lead in cognition," he told those attending the Pediatrics Academic Societies annual meeting in Baltimore.

To find that a little lead makes children "a little dumb," Lanphear and his colleagues tested blood levels in 276 infants. When these children reached age five, the team tested their IQ. The researchers found a decreasing trend in IQ test scores in the five-year-olds whose blood lead levels exceeded 5 micrograms per deciliter (mcg/dl)—1/2 of the federally accepted level. Between 5 to 10 mcg/dl, the mean IQ falls on average 1.1 points for each additional 1 mcg/dl of lead. 

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Nutritional Medicine


by Ron Hunninghake, M.D.

Enjoy your food!

Remember when people didn't think what you ate made much difference in your health? You could pretty much eat what you wanted without worrying whether it would clog your arteries, cause cancer, trigger allergies, promote diabetes, put on weight, or thin your bones. All that seemed to matter was how good the food tasted.

Now days, the pendulum has swung in the other direction. Many people are super sensitive about what they eat. Ingredients are checked. Labels are read. Books are studied. Choices are often made with exquisite care. But in the process, some of the joy of eating has been lost. Fear, worry, and fretting garnish more plates than parsley. Fat phobias, carbo cravings, protein fanatics, and blood type incompatibilities

abound. And to make it all the worse, food cops are never far away, peering over your plate, ready to chastise your latest culinary indiscretion!

It would seem to me that there are way too many **food rules** to my liking. Hey, learn the meaning of whole foods, then: **focus on whole foods and follow your own preferences.** If you wait for the definite study that will tell you exactly what to eat and what not to eat,...well, guess what...it's already been done. Nature's been doing it since life came to be on this planet. Whole foods are what all organisms have had to eat, and all organisms instinctively follow their own preferences. That strategy has worked pretty well for a long time. It's the enjoyable way to pursue healthy nutrition. 

Chocolate—Continued from page 1

flavonoids have several potentially valuable effects. They inhibit oxidation of LDL cholesterol, which may prevent it from forming artery-clogging plaque. They help raise beneficial HDL cholesterol levels. They reduce the clotting activity of platelets, a mild aspirin-like effect. And they protect blood vessels from the damaging effects of free radicals that cause inflammation and foster the rupture of atherosclerotic plaque.

Chocolate flavonoids also help allow relaxation of the smooth muscles lining blood vessels. Lack of such relaxation contributes importantly to hypertension and vascular diseases. In healthy blood vessels, muscle relaxation is partly controlled by the production of nitric oxide. Chocolate flavonoids work by activating an enzyme that produces nitric oxide.

Whether these biochemical and tissue findings translate into measurable benefits to human health is yet unknown. The one study done so far gives some encouragement. It focused on self-reported candy consumption in nearly 8000 men who graduated Harvard University between 1916 and 1950. (On

average in the U.S., about 55% of candy contains chocolate.) There were 514 deaths in these men between 1988 and 1993, but they were not evenly distributed. Risk of death was about 17% lower in the candy eaters. After adjustment for other known differences such as age, body weight, and smoking, the candy eaters fared even better. The best results occurred with reported candy consumption of 1 to 3 times per month; larger amounts seemed less beneficial.


What about possible harms from chocolate, besides its empty calories from sugar? Chocolate is known to relax the lower esophageal sphincter, which might cause heartburn in some. Chocolate contains saturated fat, a concern to some. It also has small amounts of oxalate, a possible risk to those who make calcium oxalate kidney stones. However, chocolate also contains magnesium, which is protective. Milk chocolate also contains calcium, which blocks oxalate absorption. Chocolate apparently sometimes causes headaches, allergies, and acne, but rarely. Candy in general causes tooth decay,

continued on page 3

but chocolate may not.

Some persons worry about how much they enjoy chocolate candy. But is it the chocolate itself, or the sugar? Few will even eat unsweetened baking chocolate or cocoa. Overcoming the fear of excess might be simply a matter of using less sugar. Semisweet and dark chocolates have less sugar, and homemade cocoa beverage or chocolate milk can be made without any sugar.

Here is another way to use unsweetened cocoa: Blend 1 to 2 tablespoons of baking cocoa with 1 banana, 1 cup of milk or soy milk, and, if desired, 1 teaspoon of vanilla extract. The resulting chocolate "milkshake" is far more nutritious than its namesake, and it seems unlikely to be over-consumed.

Americans spend about \$8 billion per year on chocolate, for an average of over 12 pounds per year. It is too soon to call chocolate a health food, but surely it is more valuable than high-sugar candies. 


Tomato paste protects against UV sunburn

Sunburn can be reduced by eating tomato paste, according to Wilhelm Stahl and colleagues in Dusseldorf, Germany and reported in *The Journal of Nutrition*.



To learn this, the researchers had volunteers eat 40 grams of tomato paste mixed with 10 grams of olive oil over a 10 week period. They also had control subjects eat just the 10 grams of olive oil during the same time.

"Carotenoids are efficient antioxidants," the researchers reported, "capable of scavenging reactive oxygen species generated under conditions of photooxidative stress."

In this case, they found that the subjects eating the tomato paste with the olive oil had a 40% reduction in sunburn from the UV light-induced "sun" than the ones eating just the olive oil. They concluded that commonly consumed tomato paste was a good source of lycopene that reduced the sunburn. 

HEALTH HUNTERS AT HOME

Coenzyme Q10 works!

I read an article in *Science News* about Dr. Salvatore DiMauro that interested me in two ways—first by what it said about vitamins and secondly by the comparison of standard research to The Center's approach.

First, here is what it did say. Dr. DiMauro, a neurologist at Columbia University College of Physicians and Surgeons in New York, was amazed that an 11-year-old boy who had been wheel-chair bound for years was up and walking and all because of a nutrient pill that one could buy at the neighborhood health food store.

The young boy was one of six patients who had cerebellar ataxia who tried the nutrient. Cerebellar ataxia comes from a problem with the spinal column and the cerebellum where the nerves which orchestrate muscle movement originate. This form of ataxia leaves patients with muscle damage. They begin to lose the ability to walk, talk, and perform simple muscle movements.

Dr. DiMauro had discovered several years ago that the muscle tissue from these patients with cerebellar ataxia had a deficiency in coenzyme Q10 (CoQ10)—an indispensable part of the mitochondria or energy generating part of every cell.

So Dr. DiMauro and his colleagues gave CoQ10 to six patients, including the 11-year-old boy. All six of the patients did amazingly well, the researchers reported in a recent issue of *Neurology*.

The 11-year-old boy improved the fastest, but all showed improvement from high doses of CoQ10. None of the six patients had any side effects from taking it. Most of the patients still needed assistance walking and climbing stairs, an indication, the researchers felt, that CoQ10 had reached a plateau.

"The new finding is very important," says Christopher Gomez, a neurologist at the University of Minnesota at Minneapolis. He went on to point out that this particular treatment will help a small amount of people, but "it may teach us about the

molecular basis" of problems in the mitochondria that affect the cerebellum in this and other ataxias.

This brings me to the second point—the narrowness of standard research compared to The Center's approach.

Standard research sees everyone as the same. We believe at The Center that everyone is different biochemically just as they are different genetically. That to rely on just one nutrient, in this case CoQ10, remarkable as it is, is to overlook the actions and reactions of other nutrients in the body of the patient. It is important to look at the entire biochemistry of the body to find out what it is lacking rather than rely on just one nutrient.


Along with this, Hugh Riordan, M.D., the director of The Center, likes to point out that "everything is 100% genetic and 100% biochemical."

He means by this that it takes a gene to do anything in the body, but if you do not allow the biochemistry to get depleted enough to allow the gene to express itself, you do not have that particular problem.

In this case, The Center's approach would be to look at the biochemistry of the individual's body to find out what nutrients are deficient, along with the CoQ10, and see if the person would do better once they get the entire nutrient package back up closer to optimum.

In addition, we would suggest that the research not be limited to what may be the "molecular basis" for this and other ataxias, but to also look at the biochemistry of the body to see what else is short or missing in the individual's body and get these back into the person.

I realize this isn't how one goes about finding an individual drug that will help the maximum amount of people—if the drug is to be found. But we believe it is the way to help the individual get rid of his or her disease.

It works at The Center. Who knows; it just might work elsewhere. 

—Richard Lewis

INFORMATION WORTH KNOWING

Millions of Americans are affected by diabetes. The way to control the disease is to control the blood sugar which can be accomplished through proper treatment and diet. Daniella Chace, a natural health writer, and Maureen Keene, a natural health writer, licensed nutritionist, and cancer survivor have collaborated to help patients and their families to develop a meal plan based on fresh, whole plant foods, while creating programs that take in the needs of each individual. The questions this month are taken from their book, *What to Eat if You Have Diabetes*.

1 Type I diabetes affects approximately one out of six hundred school-age children in the United States. These people cannot produce insulin or have reduced secretion of insulin from the beta cells of the _____.

- a. brain
- b. liver
- c. pancreas
- d. all the above

2 Type II diabetes generally occurs in adults who quite often are overweight and have developed insulin resistance. They make up approximately _____% of the diabetes cases.

- a. 25
- b. 46
- c. 80
- d. 90

3 Blood is like a freeway on which the village transports the goods to the cells and tissues of the body. High traffic times are at night while you are sleeping.

- a. True
- b. False

4 If you think of insulin as a cab that is taking the sugar to the correct houses (cells) then _____ is the key to getting the insulin in.

- a. vitamin C
- b. chromium
- c. sugar
- d. none of the above

5 The _____ index is a way to categorize foods depending on how they affect blood sugar levels. Combining food at meals can result in a different index than when they are eaten alone.

- a. sugar
- b. glycemic
- c. starch
- d. fiber

6 A meal plan rich in legumes is high in both carbohydrates and fiber. This type of meal is very harmful for a diabetic person.

- a. True
- b. False

7 After you eat protein foods and they break down into amino acids, they can float around in your bloodstream building and repairing hormones and tissues for up to _____ hours.

- a. 2
- b. 12
- c. 22
- d. 72

• FOR ANSWERS, SEE PAGE 7 •

Low thiamin may contribute to anorexia

A severe deficiency of thiamin (vitamin B1) can lead to depression, mood swings, and loss of appetite. This led Anthony Winston, MRCPsych, of Leicester General Hospital, Great Britain, to check the blood levels of nutrients in 35 women and two men who were being treated for anorexia and 50 healthy subjects.

He reported in the *International Journal of Eating Disorders* that 38% (14 patients) were deficient in thiamin and 19% (7 patients) were severely deficient. These results suggest, he wrote, that thiamin deficiency is unrecognized in anorexia nervosa and may contribute to depression and cognitive deficits in people with this disease.

Not only will vitamin B1 work in many cases of anorexia nervosa, it just might work to help people with depression and mood swings associated with PMS. [E]

Vitamin E therapy for Alzheimer's disease

Some have suggested that Alzheimer's disease involves oxidative stress brought on by free radicals. This leads to excessive lipid peroxidation in the brain and the degeneration of nerve cells. If oxidation does play a role, antioxidants such as vitamin E might slow the progression of Alzheimer's.

A recent controlled study using vitamin E and drugs was done on 341 patients with Alzheimer's disease. These patients were divided into four groups and given either 2000 I/U of vitamin E a day, the drug (Selegiline), both vitamin E and the drug, or a placebo for two years.

At the end of the two year period, the researchers found that vitamin E was the best in slowing the progress of the disease with the drug following close behind. The treatment was well tolerated by the patients and the researchers concluded that treatment with vitamin E, the drug, or both was beneficial for Alzheimer's disease. [E]

It is impossible for anyone to begin to learn what he thinks he already knows.

—Epictetus

Nuts to heart disease

Nuts reduce the risk of heart disease, according to Dr. Penny Kris-Etherton of the Pennsylvania State University, reporting in *Nutrition Reviews*.

There have been five large epidemiologic studies and eleven clinical studies during the last 10 years showing that those who eat nuts have a much lower chance of coronary heart disease.

Dr. Kris-Etherton and colleagues looked at these 16 studies and then examined the effects of plasma lipids and lipoproteins and the bioactive compounds to see what the effect of nuts had on heart disease.

They found that a change in the fatty acid profile from eating nuts could be part of a reduction of heart problems. A shift of 5% of your fatty acids toward saturated fatty acids (SFA) increases the heart risk factor by 17%. In contrast, the shift away from SFA toward monounsaturated (MUFA) and polyunsaturated fatty acids (PUFA) decreases the heart risk factor by 24% and 60%.

Nuts are very high in MUFA and PUFA. But this is only a part of what nuts offer.

Next, they looked at fiber since nuts are high in fiber. One study found that an increase of 10 grams per day of dietary fiber decreased heart disease by 19%. An ounce of peanuts or mixed nuts has about 2.4 to 2.6 grams of dietary fiber. Eating 2 to 7 one oz. servings of nuts a week will contribute to a 1.5% to 4.8% risk reduction.

The researchers looked at the bioactive compounds in nuts. Nuts are an excellent source of plant based or phytosterols, ellagic acid, flavonoids, and other bioactive compounds.

The phytosterols have been shown to lower cholesterol by inhibiting dietary and biliary cholesterol absorption. This reduces heart disease. These phytosterols have been found to have a protective effect for cancer, too.

So eat nuts. Nuts do have a positive effect in lowering your heart disease risk factor. [H]

Herbal History

Texas croton, *Croton texensis*

The Texas croton is a weedy plant found growing in sandhills and sandy soil in western Texas, Oklahoma, Kansas, Colorado, and New Mexico. It slips into the eastern edge of Arizona and the southeastern tip of Utah.

Texas croton grows to about 2 1/2 feet tall, with stems erect, single branches above and is covered with tiny star-shaped hairs. The lance shaped to elliptical leaves grow from 3/4 to 2 3/4 inches long and about 1/4 to 3/4 inches wide.

The Native Americans found the Texas croton very useful as a medicinal plant. For instance, the Lakotas made a tea from the leaves for stomach pain. The Pawnees used the leaves to bathe young babies when they were sick.

In the Southwest, the Zunis used the entire plant to make a tea they used as a purgative. They also drank the tea for stomach pain, to stimulate the kidneys, and for snake bite. The Zunis also used a

tea made from the Texas croton along with the yellow spined thistle for venereal disease—a disease unknown to them until the coming of the Europeans.

In this successful treatment, the patient would drink the tea made from the plants, next run rapidly about a mile to induce sweating, and then wrap up in several blankets. Research has shown that raising the body temperature above normal and holding it there for a period of time may be a very effective treatment for venereal disease.

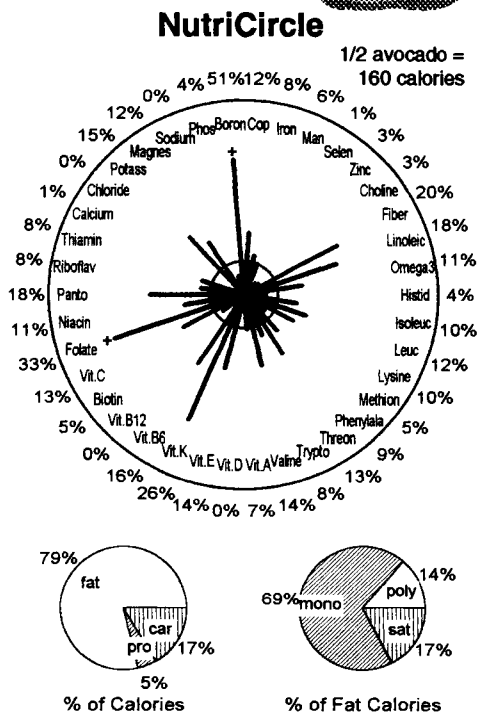
One study showed that the syphilis-causing organism is immobilized by a body temperature of 105.6° F for two hours. In another study, the temperature was 104° F for two hours to stop the organism. There is considerable evidence that the organism that causes gonorrhea is similarly sensitive to heat. *Source: Medicinal Wild Plants of the Prairie by Kelly Kindscher* [H]

Food of the Month

by Donald R. Davis, Ph.D.



AVOCADOS, like nuts, are shunned by many for their fat and calories, but sadly so. An avocado a day helps reduce blood cholesterol, and helps many persons lose weight. Unlike much fat in the U.S., avocados are never depleted of nutrients or hydrogenated, and their omega-3 fat helps prevent heart disease and hypertension. Those calories are richly endowed with at least proportionate amounts of 27 nutrients, especially vitamins E, K, and B₆, folate, magnesium, boron, and fiber. Try avocado in sandwiches instead of mayonnaise, in salads instead of oily dressings, and mashed with tomato, lemon, garlic, and salt instead of dubious dips.



The length of each bar shows the amount of one nutrient. If a bar extends out to the inner circle, the food has enough of that nutrient to match the calories it contains. The numbers show nutrient amounts in RDAs per serving shown. The pie charts show the sources of calories (left) and the types of fat (right). [H]

Mental Medicine

by Marilyn Landreth, M.A.



Perseverance

A saying on the wall in the reception area of The Center reads, "Some of the most wonderful people in the world pass through this dome." After working with the people who come to The Center, I would most heartily agree with that concept. They may be here because of a diagnosis of a terminal illness, a sustained illness, or because they just want to feel better and have more energy. Whatever reason they come to The Center, they have enriched my life and left me in awe of the perseverance they bring to finding an answer to their quest for better health.

The founder of Welch's Grape Juice, Dr. C. E. Welch, said, "Many men fail because they quit too soon. They do not have the courage to hold on, to keep fighting in spite of that which seems insurmountable. If more of us would strike out and attempt the 'impossible,' we very soon would find the truth of that

old saying that nothing is impossible...abolish fear and you can accomplish anything you wish."

Patient/co-learners who come to The Center seem to have that attitude, that nothing is impossible. In the words of Bernie Seigel, M.D., they accept their diagnosis but not their prognosis. They may take a little longer to get back up from the slings and arrows of life but they do get back up. They seem to be in accord with Michael LeBoeuf who said, "Adversity is an experience, not a final act."

The mental medicine they show by persevering on in face of difficulties to bring about the "impossible" is tremendous. They seem to know that with each "little" victory they are one step closer to where they want to be. They refuse to accept that they cannot change their health for the better without giving it the best shot possible. [H]

CENTER UPDATE

Take antioxidants, spare the gut

"Some one million people in the United States suffer from inflammatory bowel disease," according to *Science News*.

This is a lot of people and several of them end up at The Center with ulcerative colitis or Crohn's disease as part of their symptoms. And the good news is that we can help them.

Now, science has uncovered the fact that the beginning of irritable bowel disease may be triggered by chemical reactions that deplete the gut of necessary antioxidants.

Two researchers at Louisiana State University Health Science Center in Shreveport, Benjamin Grisham and Tak Yee Aw, have been working with genetically modified mice that spontaneously develop irritable bowel disease.

They noticed that about five weeks before the mice developed the disease the concentrations of one antioxidant, glutathione, began dropping. By the time the mice had the disease, glu-

tathione had dropped by 80% in the affected tissue.

So the researchers added n-acetyl cysteine, a potent antioxidant, to the sick animals' drinking water to see if the disease was caused by the lack of glutathione. Very soon glutathione levels had increased to close to normal and the inflammation in the guts of the mice reduced significantly.

Dr. Grisham notes that some genes respond to a cellular oxidation by revving up the immune system and causing inflammation. He says that one day inflammatory bowel disease may be treated by using antioxidant therapies.

At The Center, we have been using antioxidant therapies for years to treat those suffering from irritable bowel disease. The key is to treat each person as a unique individual and then custom tailor the antioxidants to their needs. This has worked for years and it is good to have other scientists confirm what we had discovered. [H]

Case of the month

A 67-year-old man returned to The Center after his wife died of cancer. He said he was "real tired, just can't get toughened up." He found out he had gout, his headaches had returned, he was off all vitamins, he was not eating as well as he had, and said he was not a good cook. He was ready to retire from an active engineering career where he was a project leader for major construction throughout the country.

Dr. Hunninghake wrote three weeks later with these results of his laboratory testing saying that "your lab tests show low levels of manganese, DHEA, and B2. The high cholesterol and low normal thyroid panel suggest the following supplement steps:

DHEA - 50 mg per day

Manganese chelate - 10 mg per day

B complex 50 - one per day

Armour thyroid - 1 grain per day."


Then, Dr. Hunninghake started him on Emergen C at two to four packets at the first sign of a headache and later increased his thyroid to two grains a day. He continued on this for several months.

The next year, Dr. Hunninghake wrote him about the food sensitivity test he had done. "Your food reactivity pattern is quite striking and probably explains your headaches and fatigue...Ease into working with this list. Avoid the foods you eat the most for two or three weeks."

Again Dr. Hunninghake wrote him at the first of 2000 saying, "as we suspected, it's the thyroid that appears to be the issue. You are puny in your T3 levels. Everything runs on adequate metabolism. You can't have that without adequate T3." Dr. Hunninghake started him on slow release T3 along with the Armour thyroid.

The patient had an appointment with Dr. Hunninghake recently and the patient said that he has no dizziness, the headaches are not very often and not too bad. He has been working again—redoing the house and going out in the field. He is happy about working and has no plans to retire even though he is nearing 71. About all he needs with Dr. Hunninghake, he said, is to just chat a bit. He is feeling fine. [H]

Answers from page 4

- 1 c. These individuals must take insulin injections and make up from three to five percent of all cases.
- 2 d. The pancreas produces some insulin but not enough to be effective. About 80% of those diagnosed with Type II diabetes are overweight at the time of diagnosis.
- 3 b. High-traffic times are after meals when fats, proteins, and sugars are all going to their respective tissues.
- 4 b. Chromium opens the passage into the cell, which allows the insulin and sugar to enter, thus providing energy.
- 5 b. On a scale of one hundred, the index ranges from about ten for soybeans to eighty for jelly beans.
- 6 b. It appears that a high-fiber meal plan enhances the cell receptivity to insulin by increasing receptor sites on the monocyte cells.
- 7 d. Protein foods promote the mobilization and utilization of stored energy that burns fat. 

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Audio Tapes: Regular Price—\$7.95; *Health Hunter* Price—\$7.16
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WHAT TO EAT IF YOU HAVE DIABETES

by Daniella Chace, M.S.
 & Maureen Keane, M.S.

Diabetes affects over 16 million Americans and seems to be growing all the time. Diabetes can be controlled with appropriate treatment including eating the right foods. Those foods can be interesting and exciting with foods from tofu to vanilla smoothies. Softcover.

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with Ronald Hunninghake, M.D.
 & Marilyn Landreth, M.A.

Optimal health includes learning to manage the stresses in our lives. We all need some stress in our life to get up in the morning, make necessary changes, and make us stronger. But when that stress is overwhelming, it is time to learn to relax and recuperate. Learn some short techniques to help you deal better with stress.

KEYS TO STAYING HEALTHY: Why is Vitamin D Important?

with Hugh D. Riordan, M.D.

Vitamin D—one of the keys to staying healthy in body and mind. A growing body of evidence is linking cancer with vitamin D deficiency and, of course, bone strength is linked to vitamin D. Learn more about this nutrient that prevents rickets and does so much more.

HOW TO BOOST YOUR IMMUNE SYSTEM

with Joseph Casciari, Ph.D.

The network of white blood cells that comprises the immune system provides the body's natural defense against infections and other illnesses. Proper nutrition is critical in maintaining immune cell function, and there is some evidence that vitamin supplementation can improve immune response. The purpose of this presentation is to describe, in simple terms, how white blood cells do their job and how nutritional supplements may strengthen the immune system.

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18	19	20	21 L & L - Vitamins and Minerals	22
25	26	27	28 L & L - 16 Ways to Reduce Stress	29

Vitamin E lower in people with depression

Major depression is accompanied by significantly lower vitamin E, according to researchers writing in the *Journal of Affective Disorders*.

They found this by checking the vitamin E levels in 26 healthy volunteers and 42 people with major depression.

The researchers found that major depression is accompanied by significantly lowered vitamin E concentrations. This suggests that there were lower antioxidant defenses against cholesterol peroxidation. These results could explain previous research suggesting that increased lipid peroxidation contributes to major depression—at least in part.

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