
EAT-RITE NEWS

June 2012

Can 5-HTP help Mend a Broken Heart?

In a clinical trial conducted in Italy, the effect of 5-HTP was assessed in 15 non-depressed young subjects (11 females and 4 males, average age: 23 years) with high levels of “romantic stress.” The subjects had experienced a recent romantic break-up or reported recent romantic problems. The participants were treated with a Griffonia simplicifolia extract providing 12.8 mg 5-HTP per tablet at a dosage of two tablets daily. The subjects were evaluated at baseline, at 3 weeks and at the end of the 6-week trial using a questionnaire. Researchers also measured the levels of serum brain-derived neurotrophic factor (BDNF) levels and platelet serotonin content in relation to the changes in romantic stress at baseline, at 3 weeks, and after the completion of the 6-week trial. The results showed significant improvements in romantic stress scores from weeks 0 through 3, but no further significant improvement was evident from weeks 3 through 6. At 6 weeks, subjects had a significant increase from baseline in both BDNF and platelet serotonin values. The researchers concluded “Our data suggest that direct modulation of the serotonergic system may have use for the treatment of psychological suffering associated with unreciprocated romantic love.” Or in other words, 5-HTP can help heal a broken heart.

Reference:

Emanuele E, Bertona M, Minoretti P, Geroldi D. An open-label trial of L-5-hydroxytryptophan in subjects with romantic stress. *Neuro Endocrinol Lett.* 2010;31(5):663-6.

There is excellent documentation that 5-HTP is an effective antidepressant agent. Several double-blind studies show that 5-HTP is equal to or better than standard antidepressant drugs. The study with the most significance was one that compared to fluvoxamine (Luvox®), a “selective serotonin reuptake inhibitor” like Prozac, Paxil, and Zoloft. In the study, subjects received either 5-HTP (100 mg) or fluvoxamine (50 mg) three times daily for 6 weeks.

Many Headaches Are Drug-Induced!

The goal of headache medications is not to identify and eliminate their cause, but simply to relieve pain symptoms. Very interestingly, clinical studies have suggested that in approximately 70 percent of patients with chronic daily headaches, the headaches are actually caused by the drugs being taken to treat the headaches. In fact, when these people stopped taking the medications, their headaches went away.

In an older study featured in a 1993 issue of *Neurology*, 52 percent of 200 patients suffering from analgesic rebound headaches (which occur when pain medicine wears off) saw improvement after discontinuing their medications. Most of the patients in the study were taking aspirin or acetaminophen—anywhere from 28 to 52 tablets per week; however, 40 percent of the patients were taking an average of 28 codeine tablets per week. In addition to fewer and less severe headaches, study participants also experienced improvements in general well-being and sleep, had more energy and were less irritable and depressed. Although some headaches may be associated with a serious medical condition, most are not cause for alarm. Headaches can be brought on by a variety of factors, but the overwhelming majority are either tension or migraine headaches. A quick way to differentiate between the two is to pay attention to the nature of the pain. A tension headache is usually a steady, constant, dull pain that starts at the back of the head or in the forehead and spreads over the entire head, giving a sensation of pressure of a vice being applied to the skull. In contrast, migraine headaches are vascular headaches characterized by a throbbing or pounding sharp pain. Relief of symptoms should be a major goal of any treatment, but it should not come at the price of doing more harm than good. It's important to think of symptoms as whistle-blowers that alert us to deeper issues. When the whistle-blower is silenced, it does not necessarily mean that the deeper issue has been fixed. Symptoms provide us with valuable information so we can make changes that will lead to better health. Tension headaches can be relieved using stress reduction techniques or by seeing a chiropractor or physical therapist. In the case of migraine headaches, many studies have shown that food allergy can be a major culprit. In addition to identifying food allergies, there are also several vitamins and herbs that can help naturally treat migraines, including riboflavin, magnesium and butterbur (*Petasites hybridus*).

Half of Americans Projected to Be Obese in 2030

Currently it is estimated that 8 out of 10 adults over the age of 25 are overweight and about 38% of the adult population meet the clinical criteria to be classified as obese.

New Data:

Based upon an extensive mathematical models, Y. Claire Wang, MD, of Columbia University's Mailman School of Public Health, and colleagues projected that in 2030 there will be as many as 65 million more obese adults. In other words, by 2030 more than 50% of the U.S. adult population will be obese and the obesity prevalence in both men and women in their 40s and 50s would approach 60%.

Wang and colleagues also projected that, as a result of the burgeoning obese population, the U.S. will see the following health impacts:

- 6 to 8.5 million more people with diabetes
- 5.7 to 7.3 million more cases of heart disease and stroke
- 490,000 to 670,000 additional cancers
- 26 to 55 million quality-adjusted life-years lost

The economic burden of these increasing morbidities will be substantial, the researchers indicated — medical expenditures alone will be higher by \$48 to \$66 billion annually by 2030.

The Solution Begins with PGX

Achieving an ideal body is not about dieting or food deprivation, it is all about eliminating excessive hunger, stabilizing blood sugar levels, and increasing the feelings of pleasure and satisfaction from food. The key tool in helping people achieve these goals is the use of a newly developed matrix of soluble fibers known as PolyGlycoPlex (PGX®) — the most viscous and soluble fiber ever discovered. Clinical research has shown PGX to exert the following benefits:

- Reduces appetite and promotes effective weight loss
- Stabilizes blood sugar control
- Increases insulin sensitivity
- Lowers blood cholesterol and triglycerides

Reference:

Wang Y, McPherson K, Marsh T, Gortmaker SL, Brown M. Health and economic burden of the projected obesity trends in the USA and the UK. Lancet 2011; 378:815-25.

Fish Oils Improve Mood in Elderly Women

Fish Oils in Depression: The importance of omega-3 fatty acids to brain function relates to their role in the phospholipid composition of nerve cell membranes. Fish oils, concentrated for EPA and DHA have been shown to have positive effects for patients with depression as well as in bipolar disorder (manic depression). **New Data:** In a nursing home in Pavia, Italy, 46 depressed women ages 66 to 95 years were given either a fish oil supplement or a placebo. The daily dosage of fish oil was 2,500 mg providing 1,670 mg of EPA and 830 mg of DHA. The primary endpoint was the improvement of depressive symptoms as evaluated by Geriatric Depression Scale (GDS). Secondary endpoints were the evaluation of modifications of erythrocyte membrane phospholipids fatty acid profile and results on a quality of life scale. All parameters were assessed before and after the treatment period of 8 weeks. At the end of the trial, depression was significantly lowered in the fish oil group with no change with the placebo. Quality of life scores were also significantly increased only in the intervention group. Compliance was good, as confirmed by erythrocyte membrane increases of EPA and DHA in the intervention group. The authors concluded that fish oil supplementation “in elderly female patients reduces the occurrence of depressive symptoms, improves phospholipids fatty acids profile and health-related quality of life.”

Reference: Rondanelli M, Giacosa A, Opizzi A, et al. Long chain omega 3 polyunsaturated fatty acids supplementation in the treatment of elderly depression: effects on depressive symptoms, on phospholipids fatty acids profile and on health-related quality of life. J Nutr Health Aging. 2011;15(1):37-44.

- 88.1 Guymon, 88.3 Amarillo
- 88.5 Vernon 88.7 Borger
- 90.3 Wheeler 91.3 Red River, NM
- 92.3 Farwell, TX
- 88.1 Canadian, 88.3 Childress,
- TX88.3 Elk City 91.1 Plainview,
- TX91.9 Pampa, 91.9 Perryton,
- TX91.9 Memphis, 91.7 Hereford,
- TX94.9 Tulia, TX 106.1 Dumas,

Be sure and tune in every Thursday at 5:00pm for the Eat-Rite Wellness Hour.

Save 15% Off Total Grocery and Produce Purchase

**One Time use. Offer expires 6/30/2012
Must Present Coupon**