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# EAT-RITE NEWS

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September and October 2015

## Health Screening & Blood Testing, October 26<sup>th</sup> & 27<sup>th</sup>

*Space is limited so sign up early to reserve your time.*

Health Partners of Oklahoma City will be here October 26<sup>th</sup> & 27<sup>th</sup> to do blood work and health screening. This is a great opportunity for you to have your blood work done at a very good price, without a doctor visit, and the other expenses that you go through in order to have blood work done through your physician. The laboratory is a certified lab that conducts blood analysis for major hospitals in the Oklahoma City area. The testing that is available to you is:

1. Heart Disease Risk, diabetes, Liver and kidney disease, including homocysteine body chemistry profile, and complete lipid analysis. \$50.00
2. Prostate cancer (PSA) \$35.00
3. CA-125 (ovarian cancer) \$40.00
4. Vitamin D level \$80
5. Free Testosterone \$100
6. CRP (Creactive protein level for inflammation) \$35.00
7. Thyroid disease \$35.00
8. Hgb-A1c (90 day glucose average) \$35.00
9. Hormone profile (estradiol, progesterone, testosterone)\$155.00
10. Progesterone level \$65.00
11. Estrogen \$65.00
12. VAP extended lipid test \$80.00

This is the ninth time that Health Ministries Association has come to Eat-Rite to offer these services. It is a fantastic opportunity to have quality blood work done at an inexpensive price. Homocysteine measurements alone can cost \$200 to \$300 alone. Prices subject to change.

All blood testing is done by appointment only.

**Call 353-7476 for your appointment today!!!**

## Statins Increase The Risk Of Diabetes

A new study again highlights the fact that using statin drugs to lower cholesterol levels are not at all risk free. Researchers found that statin use increased the risk of developing type 2 diabetes by 46% in men. These results are a little better than the 72% increase in type 2 diabetes noted in postmenopausal women taking statins. The results from these studies and others call into question the false hope that physicians and consumers place in statin drugs to promote a longer, healthier life.

### **New Data:**

To further explore the risk for type 2 diabetes with statin drug use, researchers investigated the effects of statin treatment on blood glucose control and the risk for type 2 diabetes in 8,749 non-diabetic men age 45 to 73 years in a 6-year follow-up of the population-based Metabolic Syndrome in Men (METSIM) trial, based in Kuopio, Finland.

Results clearly showed that statin use was associated with a 46% increased risk for type 2 diabetes after adjusting for all confounding factors. Patients taking statins also had a 24% decrease in insulin sensitivity and a 12% reduction in insulin secretion compared with those not receiving the drugs.

### **Commentary:**

It is interesting to note that despite the clear risks of taking statins, physicians are largely brainwashed into believing that the benefits outweigh the risks. The data just does not support this line of thinking. Again, while statins do produce some benefits in reducing deaths due to a heart attack in people with a history of a heart attack, stroke, or current signs and symptoms of existing CVD; large studies in people without a history of heart attack or stroke who took statin drugs and lowered their cholesterol have shown they do not live any longer than the people in the placebo group. That is especially true for women. In fact, there is no real solid evidence that statins increase life expectancy even in women with cardiovascular disease.

### **References:**

Mayor S. Statins associated with 46% rise in type 2 diabetes risk, study shows. BMJ. 2015 Mar 5;350:h1222. doi: 10.1136/bmj.h1222.

## Doctor Murray is Coming!!! Free Lecture October 26<sup>th</sup> at 7:00p.m.

Michael T. Murray, ND, is widely regarded as one of the world's leading authorities on natural medicine. Dr. Murray is a graduate, faculty member, and serves on the Board of Regents of Bastyr University. He is co-author of

*A Textbook of Natural Medicine*, the definitive textbook on naturopathic medicine for physicians, as well as the consumer version—the *Encyclopedia of Natural Medicine*. He has also written over 20 other books including *Dr. Murray's Total Body Tune-Up*, *The Pill Book Guide to Natural Medicines*, *The Encyclopedia of Healing Foods*, and his latest book, *What the Drug Companies Won't Tell You and Your Doctor Doesn't Know*.

Dr. Murray is Director of Product Development and Education for Natural Factors, a major manufacturer of nutritional and herbal supplements. Since 1985, Dr. Murray has been instrumental in bringing many effective natural products to America, including: glucosamine sulfate, St. John's wort extract, ginkgo biloba extract, enteric-coated peppermint oil, saw palmetto berry extract, PharmaGABA, PGX, and Remefemin.

For nearly 30 years, Dr. Murray has been compiling a massive database of original scientific studies from medical literature. He has personally collected over 70,000 articles from the scientific literature which provide strong evidence on the effectiveness of diet, vitamins, minerals, herbs, and other natural measures in the maintenance of health and the treatment of disease. It is from this constantly expanding database that Dr. Murray provides the answers on health and healing.

Unfortunately, many people are never aware of the natural approach that can put them on the road to lifelong health. Dr. Murray has dedicated his life to educating physicians, patients, and the general public on the tremendous healing power of nature. In addition to his books, which have cumulative sales of over five million copies sold, Dr. Murray has written numerous articles for major publications, appeared on hundreds of radio and TV programs, and lectured to hundreds of thousand people nationwide.

**If you are Interested in attending the lecture, we ask that you call and make a reservation. Seating is limited and will fill up quickly, call 353-7476 for this great opportunity.**

## Allergy Help

Allergies refer to an abnormal immune response that can produce a wide range of symptoms (e.g. hives, asthma, anaphylactic shock and death). The most common allergic condition is hay fever (seasonal allergic rhinitis), which is an allergic reaction of the nasal passages and airways to windborne pollens. Ragweed pollen accounts for about 75% of all hay fever cases in the United States. Other significant pollens that induce hay fever include various grass and tree pollens. If hay fever develops in the spring, it's usually due to tree pollens; if it develops in the summer, grass and weed pollens are usually the culprits. If hay fever symptoms persist year-round, this is known as perennial allergic rhinitis. This form of hay fever may or may not be due to pollens. An estimated 50 million Americans have allergies to airborne triggers that cause symptoms of hay fever. While many Americans reach for prescription and over-the-counter (OTC) antihistamines to treat their condition, natural medicines can offer significant advantages. Keep in mind that popular antihistamine drugs, whether they're prescription or OTC, offer only symptomatic relief — they don't solve the problem. The drug companies love these antihistamine drugs because they only suppress symptoms, they don't effect a cure; they create dependence, and most important to the drug companies, they're expensive, so they offer tremendous profits. Before you go reaching for OTC medications, try these natural preventives and treatments instead.

1. Try quercetin.

Quercetin consistently demonstrated the greatest antiallergy effects among the flavonoids studied in experimental models. Recently, a highly bioavailable, enzymatically modified form of isoquercitrin (EMIQ) has been developed. This form has shown significant effects in improving some of the symptoms of hay fever in double blind clinical studies. The dose of EMIQ is 100 mg twice per day.

2. Stress B Complex. Helps to clear histamines from the blood stream and support the Adrenal Gland.

3. Thym-Adren. Helps to regulate the immune response and stop the immune systems response to the antigen.

4. Xlear nasal wash. Wash your nose as often as you wash your hands in order to prevent the pollen from entering the nasal passageway.