
EAT-RITE NEWS

September 2014

September is Prostate Cancer Awareness Month

Prostate cancer (PC) is the most diagnosed form of cancer in American men. Each year there are roughly 200,000 men that are diagnosed with PC and over 30,000 will die from it. In many respects, PC is the mirror of breast cancer in women. It is a hormone-sensitive cancer that will affect at least one out of every six men now living in the United States. Most PCs are slow growing; however, there are cases of aggressive PCs. The cancer cells may metastasize (spread) from the prostate to other parts of the body, particularly the bones and lymph nodes. Next to lung cancer, in men PC is the second leading cause of death due to cancer. The big push conventional medical circles will make this month is encouraging men over the age of 50 years to see a physician for two tests: A digital rectal exam—the doctor inserts a lubricated, gloved finger into the rectum and feels the prostate through the rectal wall to check for hard or lumpy areas. A blood test for prostate-specific antigen (PSA)- which will usually be elevated in men with PC. A normal PSA ranges from 0 to 4 nanograms per milliliter (ng/ml).

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Be sure and tune in every Thursday at 5:00 to the Eat-Rite Health Promotion Wellness Hour on the Kingdom Keys Network. 88.3 fm in Amarillo.

Magnesium For Chronic Low Back Pain

Low back pain (LBP) affects roughly 25% of North Americans within any three-month period and is the major cause of pain and worker disability. Although 80% to 90% of people with LBP improve by 12 weeks, others will continue to report symptoms for more than 3 months. Among individuals with chronic LBP, one-third continued to be symptomatic after 12 months. Most people with LBP resort to taking medications and people with chronic LBP often end up taking Oxycontin (oxycodone) or other opioids. These drugs are highly addictive and have not been shown to be effective or safe despite their popularity.

A new study shows that magnesium supplementation can be extremely effective in the treatment of chronic LBP and highlights the importance of seeking a more natural approach in this condition. To test the ability of magnesium to improve chronic LBP, 80 patients with chronic LBP who were receiving physical therapy, anticonvulsants, antidepressants, and non-opioid analgesics were enrolled in a double-blind study. Forty patients received placebo for 6 weeks (control group), while the other 40 patients received (1g per day for 2 weeks) followed by oral magnesium treatment 500 mg per day for four weeks. Patients were asked to rate their pain using a numerical rating scale. Lumbar spine range of motion was also determined. The investigators reported that all patients had a significant reduction in pain intensity at two weeks. However, in the magnesium group this reduction in pain intensity continued throughout a six-month follow up period (pre-treatment values were 7.5 at baseline compared to 4.7 at 6 months). In contrast, these pain perception values in the control group were 7.4 at baseline and 7.2 at the 6-month follow-up. Likewise, all patients had a significant improvement in lumbar spine range of movement at the 2-week time point, although only the magnesium group improved throughout the 6-month follow-up period.

These results show quite clearly that magnesium supplementation can reduce pain intensity and improve lumbar spine mobility during a 6-month period in patients with chronic LBP who had been unresponsive to conventional care.

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What nutritional supplements should I take for prostate cancer prevention?

FortiFlax from Barlean's Organic Oils provides special fiber compounds known as lignans. These components are fiber compounds that can bind to estrogen receptors and interfere with the cancer-promoting effects of estrogen on prostate tissue. Lignans also increase the production of a compound known as sex hormone binding globulin, or SHBG. This protein regulates estrogen levels by escorting excess estrogen from the body. FortiFlax contains ground flaxseeds in a special nitrogen-flushed container for maximum freshness. Grinding makes flaxseed lignans more bioavailable.

Lycopene is the red carotene found in tomatoes, papaya, pink grapefruit, guava, and watermelon. Harvard researchers discovered a few years back that of all of the different types of carotenes, only lycopene was clearly linked to protection against prostate cancer. The men who consumed the highest levels of lycopene (6.5 mg per day) in their diet showed a 21 percent decreased risk of prostate cancer compared with those eating the lowest levels. It was also found that the high lycopene eaters had an 86 percent decreased risk of prostate cancer (although this did not reach statistical significance due to the small number of cases). In a study of patients with existing prostate cancer, lycopene supplementation (15 mg per day) was shown to slow tumor growth, shrink the tumor, and lower the level of PSA.

Vitamin E is just as important as lycopene in preventing prostate cancer. Selenium also works to block prostate cancer development and works best along other important antioxidant nutrients such as vitamin C, vitamin E, lycopene, and zinc. Green tea contains polyphenols that exert significant action against prostate cancer.

Detection is key to preventing advancement of prostate cancer. Visit your physician and follow their recommendations for prostate testing. In the mean time make sure you are incorporating the above mentioned supplements to help keep your prostate healthy and functioning properly.

Resveratrol Shown To Improve Memory And Brain Function

Resveratrol is a plant compound similar to flavonoids. It is found in low levels in the skin of red grapes, red wine, cocoa powder, baking chocolate, [dark chocolate](#), peanuts, and mulberry skin. Red wine is perhaps the most recognized source of resveratrol, however, red wine contains only one milligram per glass. Most resveratrol supplements use Japanese knotweed (*Polygonum cuspidatum*) as the source.

There has been a great deal of hype regarding resveratrol supplements, and a recent clinical study from Germany shows that it definitely produces results in improving memory and brain function in elderly subjects.

Researchers in Germany at the NeuroCure Cluster of Excellence and the Max Planck Institute for Human Cognitive and Brain Sciences wanted to know the effect of resveratrol on brain function and memory in healthy overweight older adults. Twenty-three participants (ages 50-75) took 200 mg daily of the natural supplement for 26 weeks, while another 23 matched controls took a placebo.

Here were the results of the trial:

- The use of resveratrol resulted in a significant impact on the ability to remember words compared with placebo.
- Resveratrol users showed a significant increase in functional connectivity of the hippocampus – the area of the brain involved with the formation, organization, and storage of memory.
- The resveratrol group experienced a decline in glycated hemoglobin (HbA1c), which indicates improved blood sugar control.
- Resveratrol reduced body fat percentage and increased blood levels of leptin, a hormone that regulates how much fat is stored in the body and also helps with weight loss and suppression of food intake.

The authors concluded that their findings provided evidence that use of resveratrol supplements can enhance memory along with better hippocampus function and improved glucose metabolism. These are all positive factors for a healthy aging brain. Witte AV, Kerti L, Margulies DS, Flöel A. Effects of resveratrol on memory performance, hippocampal functional connectivity, and glucose metabolism in healthy older adults. *J Neurosci.* 2014 Jun 4;34(23):7862-70.