
EAT-RITE NEWS

Fall 2016

Health Screening & Blood Testing, October 3rd & 4th

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

Health Partners of Oklahoma City will be here October 3rd and 4th 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. \$65.00
2. Prostate cancer (PSA) \$35.00
3. CA-125 (ovarian cancer) \$55.00
4. Vitamin D level \$90
5. Free Testosterone \$125
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)\$125.00
10. Progesterone level \$65.00
11. Estrogen \$65.00
12. VAP extended lipid test \$90.00

This is the tenth 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!!!

Sunfood Superfoods

Eat-Rite has a new line of superfoods that are available for you. We have incorporated some of these in to smoothies that are available at the Juice Bar. We have available:

Acai powder from Brazil. Freeze-dried ground up acai berry not a extract or concentrate. Most other brands of acai powders are dry and tasteless ours moist and full of flavor.

Camu Camu from peru. Tart and tangy berries are hand picked from the amazon and low-temperature dried. One of the highest concentrations of Vitamin C in the world with 30x more than oranges. **Maca Powder** from Peru. A root vegetable grown at high elevations in the Andes. This Root is known to support hormone balance and boost energy, endurance and libido.

Moringa Powder from India. A nutritionally complex green super food that contains all 9 essential amino acids. It is very nourishing alkalizing, energizing, detoxifying, and boosting the immune system.

All of these are available now at Eat-Rite in a individual form or in a combination. There are lots of other types that you should check out at Eat-Rite

Natural Form of PharmaGABA Improves Sleep Quality!!

With the growing concern regarding the serious side effects of both prescription and over-the-counter sleeping pills, it is important for consumers to look to natural products that are both safe and effective in [improving sleep quality](#). A new study with the natural form of GABA known as **PharmaGABA** showed it to produce excellent results in helping people get a good night's sleep.

Gamma-aminobutyric acid (GABA) is a major neurotransmitter that is abundantly and widely distributed throughout the central nervous system (CNS). Low levels or decreased GABA function in the brain is associated with several psychiatric and neurological disorders, but most primarily anxiety, depression, insomnia, and epilepsy.

GABA naturally manufactured via a fermentation process that utilizes *Lactobacillus hilgardii* has been shown to produce effects not achieved by the synthetic form of GABA, which is produced from pyrrolidinone – an industrial solvent. This natural form, PharmaGABA has been shown to produce relaxation as evidenced by:

- Increasing the alpha to beta brain wave ratio.
- Preserving salivary antibody production during stress.
- Reducing markers of stress including cortisol levels.

Once ingested, it appears that it is absorbed easily and binds to GABA receptors in the peripheral nervous system leading to activation of the parasympathetic nervous system. This arm of the autonomic nervous system is responsible for producing what is referred to as the “relaxation response,” a physiological response that is in direct contrast to the stress or “fight or flight” response. This activation of the parasympathetic nervous system by PharmaGABA is measurable within 5 to 30 minutes after ingestion.

To evaluate the ability of PharmaGABA to improve sleep, a placebo-controlled study was conducted by measuring brain waves through electroencephalography (EEG) after subjects took 100 mg of PharmaGABA or a placebo. The results demonstrated that PharmaGABA significantly shortened the time required to get to sleep by five minutes and increased the time of quality sleep compared to the placebo. Questionnaires showed that subjects receiving PharmaGABA had improved sleep as especially noted by their higher energy scores upon awakening.

Several proposed mechanisms were offered to explain the positive effects including the sleep-improving effect of PharmaGABA may be related to its stimulation of the parasympathetic nervous system and its stress relieving effects. An earlier study demonstrated that it can activate the parasympathetic nervous system to lower core body temperature in humans, a factors that can promote sleep.

The study also measured the blood level of GABA after administration of PharmaGABA. Results showed that the GABA was quickly absorbed, and the blood level of GABA was the highest 30 minutes after oral administration. The researchers felt that taking GABA 30 minutes before bedtime offers the best effects on promoting a restful sleep.

Reference:

Yamatsu A, Yamashita Y, Pandharipande T, Maru I, Kim M. Effect of Oral γ -aminobutyric Acid (GABA) Administration on Sleep and its Absorption in Humans. *Food Sci. Biotechnol.* 2016;25(2): 547-551.

Does the Source of Selenium Matter?

What if some of the large clinical studies assessing the benefits (or risks) of selenium supplementation in cancer prevention have used the wrong form? That looks to be the case as a new study from the University of Miami sheds light on the different effects of selenium-rich yeast versus another form of selenium known as selenomethionine. What the researchers have discovered is that there are proteins produced when making selenium-rich yeast that have anti-cancer properties beyond simply providing a source of selenium.

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Researchers evaluated the effects of a group selenium-containing compounds from selenized yeast known as selenoglycoproteins (SGPs). The SGPs were evaluated for their impact on the interactions of lung and breast tumor cells with cells that line blood vessels (endothelial cells). Currently there are no therapies aimed at preventing the spread of cancer by specifically targeting the adhesion and migration of tumor cells into other areas of the body. Results from the detailed study showed that SGPs extracted from Se-enriched yeast possess the ability to reduce the adhesion of tumor cells to endothelial cells. In addition, the researchers also showed that SGPs also blocked the migration of tumor cells into underlying tissue. Furthermore, SGPs were shown to block the tumor promoting effects of nuclear factor kappa-B (NF- κ B). This action has profound influence as NF- κ B is a master regulator of proinflammatory reactions and gene expression. NF- κ B activation is a key factor in cancer cell growth and metastasis. By blocking NF- κ B, the SGPs have an effect far beyond the action of simply providing a form of selenium.

These results are extremely provocative. If the science above is confusing, let me try to restate what it is telling us. Basically, it has long been assumed that selenium-rich yeast was beneficial because it provided a superior form of selenium. Once absorbed the selenium would be utilized as a valuable antioxidant as part of an antioxidant enzyme known as glutathione peroxidase. What the emerging science indicates is that the selenium-containing proteins that are produced in the process of making selenized yeast may turn out to be more important than the selenium itself. In other words, these proteins may be the real protective factor.