
EAT-RITE NEWS

Spring 2016

Health Screening & Blood Testing, April 18th & 19th

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

Health Partners of Oklahoma City will be here April 18th and 19th 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!!!

New Research Shows Synergy With Omega-3 Fatty Acids And B Vitamins In Preventing Alzheimer's Disease

While research has already established that B vitamin supplements and omega-3 fatty acids can help slow mental decline in older people with memory problems, the interaction between these two nutritional approaches has never really been examined until now. An international team led by Oxford University and United Arab Emirates University has now found that having higher levels of omega-3 fatty acids in the brain boost the benefits of B vitamins in mild cognitive function.

The team studied more than 250 people with mild cognitive impairment (MCI) in Oxford. MCI reflects an intermediate stage between the expected cognitive decline of normal aging and the more serious decline of dementia. People with mild cognitive impairment can have problems with memory, language, thinking and judgment, but generally not to a degree to cause significant problems in their day-to-day life and usual activities.

Mild cognitive impairment may increase the risk of later progressing to Alzheimer's disease or other dementia, but not everyone with MCI progresses to dementia.

At the start of the study, each person was given a set of tests to measure their cognition, and had a blood test to determine the levels of the omega-3 fatty acids EPA and DHA in their blood. The participants were split into two randomly selected groups, who received either a B-vitamin supplement or a placebo pill over two years. Their cognitive performance was also measured and the results compared with the baseline results from the start of the study.

What the researchers found was that for people with low levels of EPA+DHA, the B vitamin supplement had little to no effect. But for those with high baseline EPA+DHA levels, the B vitamins were very effective in preventing cognitive decline compared to the placebo. **These results are game changing because they show a clear interaction and that B vitamins only slow the rate of brain atrophy in MCI in those with a good level of EPA+DHA.**

Doctor Marita Schauch is Coming!!! Free Lecture April 11th at 7:00p.m.

Healthy Hormones at Any Age

Raging hormones, stress and lack of sleep can have a negative effect on women, their relationships and quality of life. Join Dr. Marita, the author of “Making Sense of Women’s Health,” as she shares her knowledge on everything from balancing hormones to boosting metabolism, taking the heat out of hot flashes and more.

Learn about:

- **Naturally restoring hormone balance at any age**
- **Fighting fatigue and coping with everyday stress**
- **Why women get belly fat and how to get rid of it**
- **Why hair, skin and nails are key indicators of bone health**
- **The benefits of fish oil to improve memory and brain health**

Dr. Marita Schauch is an expert on women’s health and, in addition to her clinical practice, keeps a busy lecture schedule. Dr. Marita is the co-author of *The Adrenal Stress Connection*, as well as the author of *Making Sense of Women’s Health* and her latest book *Collagen Myths & Misconceptions*. She is also a women’s health educator on behalf of Natural Factors.

Through her passion for education and health, Dr. Schauch leads by example and hopes to empower others to choose positive lifestyle choices in order to live optimally.

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 anti-allergy 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.