
EAT-RITE NEWS

Spring 2017

Health Screening & Blood Testing, April 10th & 11th

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

Health Partners of Oklahoma City will be here April 10th and 11th 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 \$110.00

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.**

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.

Blood Test Interpretation Class

**Thursday May 11th 6:30 p.m.
at
Eat-Rite.**

This is a class that helps you interpret your blood work. Hints and tips on ways to correct your numbers that are out of range and interesting ideas on how numbers are influenced by each other.

Ever wondered how a low vitamin D level can effect your cholesterol or your thyroid, these are things that will be addressed in this class.

Class space is limited!!

Call 353-7476 and sign up today.

The only requirement for this class is that you bring your blood work with you.