Image Awareness Wellness Center

In the News

FEBRUARY 15, 2006 VOLUME 2 ISSUE 3

1271 High Street, Auburn, CA 95603 ◆ Phone: (530) 823-7092
Business Hours: Monday-Friday 10:00 a.m.-4:00 p.m.
Web: www.imageawareness.com ◆ Email: mail@imageawareness.com ◆ Orderline: (800) 359-6091

Genetically Modified Soy

Irina Ermakaova, a leading researcher at the Institute of Higher Nervous Activity and Neurophysiology of the Russian Academy of Sciences added 5–7 grams of genetically modified soy to the diet of pregnant female rats. Controls received non–genetically modified soy and no soy.

Two weeks after birth 36% of the offspring of mothers given the genetically modified soy were underweight. Most troubling, however, was that 55.6% of the offspring whose mothers had been given genetically modified soy were dead within three weeks. This was almost six times the mortality rate of animals given non–modified soy or no soy.

Surprisingly, the FDA does not require any testing for safety on genetically modified foods. The FDA policy statement is: "The agency is not aware of any information showing that foods derived by these new methods differ from other foods in any meaningful or uniform way."

The person in charge of FDA policy was Monsanto's former attorney and later Vice President of the company. Monsanto controls the patent for genetically modified soy and several other genetically modified products.

About 85% of the soy grown in the United States is genetically modified or "Roundup Ready." This means it is resistant to damage from herbicides. Research suggests that genetically modified soy is much more allergenic than the non modified product and may pose other risks as well.

GNLD tests all soy used in their products to assure that it is not genetically modified. Early research suggests this has been a wise decision.

Reference:

Smith, Jeffrey, "Most offspring died when mother rats ate GM soy," *Health and Healing Wisdom*, Price-Pottenger Nutrition Foundation Journal, Winter 2005, 10.

Bright Light and Cancer

The light–bulb was developed a little over 100 years ago. This technological advance has been considered a great boon, but recent research suggests that artificial light may have a negative impact on body chemistry as well.

Individuals who are exposed to light at night are at increased risk of cancer. The explanation for this is that melatonin levels are depleted if the body is deprived of darkness at night. One researcher wrote, "Breast tumors are awake during the day, and melatonin puts them to sleep at night." Alcohol consumption, beta- blockers, smoking and obesity also reduce melatonin levels.

Breast cancer is one-third less in women who sleep 9 hours a night rather than those who sleep only 7 or 8 hours a night. Sleep is not actually necessary for melatonin production, but darkness is essential.

I am often asked what I think of the synthetic melatonin sold over the counter in the United States. We do not know what the effects of excess melatonin might be. Suggestions have been made that excess melatonin could have harmful effects on sex hormones. The body does not release melatonin on a continuous basis, but rather in closely defined spurts.

While science works all these questions out, it would be a good idea to keep the body in the dark for at least 9 hours every day. Avoid even brief exposures to bright light at night. Exercise, particularly late in the day, has been shown to significantly increase melatonin production. This may be why it has been shown to reduce risk of breast cancer.

Bright lights also alter prolactin levels. These hormonal alterations appear to contribute to cravings for fats and carbohydrates and may contribute to obesity.

Reference:

Harder, Ben, "Bright Lights, Big Cancer: Melatonin-depleted blood spurs turmor growth, *Science News*, January 7, 2006, p. 8-10.

Knight JA, Thompson S, et al, "Light and exercise and melatonin production in women," *Am J Epidemiol*, 2005; 162(11): 1114-22.

Warm Feet, Good Sleep

Man has tried all kinds of remedies for poor sleep—including melatonin discussed above. In 1999 a research paper begins, "Here we show that the degree of dilation of blood vessels in the skin of the hands and feet, which increases heat loss in the extremities, is the best physiological predictor for the rapid onset of sleep."

This report has a number of implications. There is basis for suggesting that wearing warm socks to bed, laying a blanket over the foot of the bed, or using a hot water bottle may improve sleep.

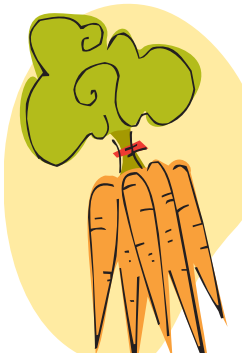
One might also ask the question, "What nutrients improve peripheral circulation and what foods hinder the process?" Diets high in fats and sugars increase the stickiness of the blood and hinder peripheral circulation.

Blood flow is improved significantly by supplementation with omega-3 oils. I have observed regular supplementation with salmon oil to improve the warmth of hands and feet in a number of people over the years.

Support for adrenal and thyroid function may also improve circulation in the hands and feet. Thyroid function is supported by Tre-en-en oils, Vitamin B complex, and minerals such as iodine, iron, zinc, and selenium (Chelated Multi-Mineral). Vitamin C and B complex as well as Tre-en-en are very important for adrenal function.

Reference:

Krauchi, Kurt, et al, Warm feet promote the rapid onset of sleep," *Nature*, September 2, 1999, p. 36.



Take Carotenoids: Live Longer

A recent study found that women with the highest levels of carotenoids and selenium in the blood had substantially reduced risk of death. The decreased risk of death was attributed to reduced inflammation and oxidative damage in their bodies. Carotenoids are nature's most powerful fat soluble antioxidants. Previous studies have shown a direct link between lifespan and blood levels of carotenoids and vitamin E. Selenium is a mineral essential for glutathione function and also optimizes the functioning of vitamin E in the body.

High intake of foods rich in carotenoids including carrots, tomatoes, and leafy greens reduces the risk of developing asthma and may decrease the severity of the condition.

Another surprising study found that an extract of tomato rich in carotenoids was effective in lowering both systolic and diastolic blood pressure. The higher measure (systolic) dropped an average of 10 points and the lower (diastolic) dropped by 4 points.

Carotenoids along with vitamin E, zinc, and vitamin C were recently shown to reduce risk of macular degeneration, the most prevalent cause of irreversible blindness in developed countries, by 35%.

One can not experience optimal health without controlling 3 key aspects of nutrition:

- Blood sugar
- Inflammation
- Free radical damage

Carotenoids are particularly important for prevention of free radical damage. A USDA study on GNLD Carotenoid Complex resulted in a 44% reduction in oxidative damage at the cellular level. That is powerful protection against the large number of degenerative diseases associated with free radical damage.

References:

Ray AL, Semba RD, et al, "Low Serum Selenium and Total Carotenoids Predict Mortality among Older Women Living in the Community: The Women's Health and Aging Studies," *J Nutr*, 2006; 136(1): 172-6.

Romieu I, Varraso R, et al, "Fruit and vegetable intakes and asthma in the E3N study," *Thorax*, 2006 Jan 5;

Engelhard YN, Gazer B, et al, "Natural antioxidants from tomato extract reduce blood pressure in patients with grade-1 hypertension: a double-blind, placebo-controlled pilot study," *Am Heart J*, 2006; 151(1): 100.

Removal or Addition to This Newsletter

If you wish to be removed from this healthletter simply send us an email requesting to be removed. If you wish to add an email address send us the address with a request to be added.

Web Resources

www.yourbodyssignlanguage.com
www.imageawareness.com

Disclaimer