



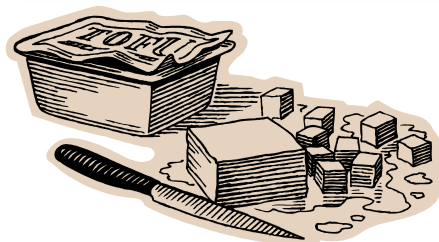
# IMAGE AWARENESS WELLNESS INSTITUTE

## *In the News*

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June 1, 2006

Volume 2 : Issue 6



## LOWERING CHOLESTEROL

The *European Journal of Clinical Nutrition* recently published an article in which a randomized, placebo-controlled, crossover study demonstrated that a combination of konjac fiber and plant sterols significantly lowered LDL or “bad” cholesterol. The study found that cholesterol levels were lowered whether the test subjects had diabetes or whether they did not suffer from the disease.

This is not really new information as it has been known for some time that both konjac fiber and plant sterols are powerful cholesterol lowering agents. What is new is the use of the combination of these two substances to lower cholesterol.

The GNLD Appetite Reducer consists of konjac fiber along with a number of synergistic fiber sources. GNLD's flagship product, Tre-en-en, is a blend of the highest quality plant sterols from wheat, rice, and soy sources.

I personally feel that the benefits of a low cholesterol level have been exaggerated by the pharmaceutical industry in order to sell more cholesterol lowering drugs. Byron Richards,

CCN, wrote, “It can be proved that statins help save lives among people who have already had a heart attack. However, in primary prevention, the number of cardiovascular deaths statins prevent is offset by the number of other deaths they cause. This means their risks balance their benefits; thus there is no reason to use them for primary prevention.”

Lowering cholesterol by pharmaceutical means appears to create as many problems as it solves.

### REFERENCE:

Richards, Byron J., *Fight for Your Health*, Minn., Minnesota: Wellness Resources Books, 2006, 168.

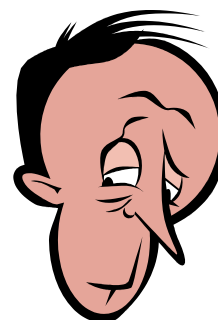
Yoshida M, Vanstone CA, et al, “Effect of plant sterols and glucomannan on lipids in individuals with and without type II diabetes,” *Eur J Clin Nutr.*, 2006; 60(4): 529-37.

## FATTY LIVER

As fat accumulates in liver tissue the health of the organ and its functionality decline. A recent study of 56 patients with fatty liver disease not associated with alcohol intake found that long term supplementation with omega-3 oils benefited the patients tremendously. This study is significant because diets with large quantities of sugar or fat can contribute to fatty infiltration of the liver. This is one more study suggesting the overall benefit of supplementing with omega-3 oils.

### REFERENCE:

Capanni M, Calella F, et al, “Prolonged omega-3 polyunsaturated fatty acid supplementation ameliorates hepatic steatosis in patients with non-alco-



holic fatty liver disease: a pilot study,” *Aliment Pharmacol Ther.*, 2006; 23(8): 1143-51.

## MENTAL HEALTH AND B COMPLEX

Patients in psychiatric hospitals appear to differ from controls in the quantity of the B vitamin folic acid found in their blood. The low folate levels appear to be particularly associated with depression. Almost one-third of mental patients showed below normal folic acid levels, while among controls only 2.5% were low in folic acid. The primary dietary source of folic acid is leafy green foods which many people do not enjoy and rarely eat. Low folic acid can contribute to accumulation of homocysteine in the body. This amino acid may not only contribute to depression among the mentally ill, but has also been linked to the development of heart disease. GNLD B Complex is distinctive in that it is derived from living organisms and supplies the complex blend of B vitamins, trace minerals, and amino acids which are found together in nature, but are not supplied in synthetic formulas.

### REFERENCE:

Lerner V, Kanevsky M, et al, “Vitamin B12 and folate serum levels in newly admitted psychiatric patients,” *Clin Nutr.*, 2006; 25(1): 60-7.

## OMEGA-3 AND ARRHYTHMIAS

Irregular heartbeat is a common occurrence and can result in a heart attack. Fish oils are powerful regulators and normalizers of the electrical activity in both the brain and the heart. Many studies suggest that between 1/2 a gram to 2 grams of fish oil a day (EPA and DHA) can decrease risk of death from heart attack.

Dr. Nipon Chattipakorn suggests that those with heart disease should obtain a daily intake of about one gram of EPA and DHA a day. These fish oils prevent ventricular fibrillation which is a common cause of sudden death. Omega-3 oils regulate the release of calcium in what are called ion channels. Excessive release of calcium can overly excite nerve cells

### REFERENCE:

Chattipakorn, Nipon, "Antiarrhythmic Effects of N-3 Polyunsaturated Fatty Acids," *Asia Pac J Clin Nutr*, 2005;14(4):307-12.



## ACNE, A, AND E

A number of years ago I recommended vitamin A for a serious case of acne. This created quite a bit of disturbance due to the supposed toxicity of vitamin A. It is true that high intake of vitamin A is not desirable during pregnancy. On the other hand, deficiencies of vitamins A and E are not uncommon.

A recent study in Jordan found that those with acne had significantly lower blood levels of both vitamin A and vitamin E when compared to children without acne. In addition, the lower the levels of vitamins A and E were, the more severe the acne tended to be.

These vitamins prevent the hardening of the skin around the hair follicles. This can prevent

plugging of the pores and bacterial or fungal infection in the skin.

These vitamins also play a role in hormone chemistry. Vitamin A is particularly important for normal hormone function.

It should be noted that vitamin A and carotenoids are different nutrients. Vitamin A is only found in animal sources such as the pollock source used by GNLD. Carotenoids are produced by plants. The body of an animal can split apart some carotenoids and form two vitamin A molecules. Some individuals, however, including those whose blood sugar is impaired, may have difficulty converting carotenoids into vitamin A. The result is deficiency of the vitamin.

### REFERENCE:

El-Akawi Z, Abdel-Latif N, et al, "Does the plasma level of vitamins A and E affect acne condition?" *Clin Exp Dermatol*, 2006; 31(3): 430-3.

## ASTHMA, FRUIT AND VITAMIN C INTAKE

Adults with asthma tend to consume smaller quantities of fruits and have lower blood levels of vitamin C and manganese than do matched controls who do not suffer with asthma. Citrus fruit, rich in not only vitamin C but also anti-inflammatory flavonoids, appears to be frequently beneficial for those who suffer with asthma.

GNLD Super C supplies vitamin C along with the powerful anti-inflammatory flavonoids found in citrus. Manganese would be supplied by the Chelated Multi-Mineral.

### REFERENCE:

Patel BD, Welch AA, et al, "Dietary antioxidants and asthma in adults," *Thorax*, 2006; 61(5): 388-93.



## ARTHRITIS AND OMEGA-3

Dr. Burkhard Leeb of the Center for Rheumatology in Austria recently conducted an experiment in which he gave patients with rheumatoid arthritis intravenous infusions of omega-3 oils.

Over half (56%) of the patients showed improvement. The improvement was noticeable after one week, while oral supplementation usually requires at least six weeks to demonstrate benefits.

The intravenous trial was given in an attempt to circumvent some of the unpleasant digestive effects of oral ingestion of fish oils. GNLD has circumvented most of these problems with their new Salmon Oil Plus which excludes most of the factors in fish oil that give it a strong taste and can cause burping, belching, or diarrhea.

### REFERENCE:

Leeb, Burkhard, et al., "Intravenous Application of Omega-3 Fatty Acids in Patients with Active Rheumatoid Arthritis," *Lipids*. 2006 Jan;41(1):29-34.

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