

HEALTH NEWS



March 2004, Vol. 4

OAKWOOD CHIROPRACTIC

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Until a few years ago, most nutritionists advised people to cut down on all fats in their diets. Since then, studies showed that monounsaturated fats- such as those found in olive oil- are good for you and will actually help you lose body

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fat and improve heart and blood vessel health. Australian nutritionists found that the body uses more fat after eating olive oil (monounsaturated fat) than cream (saturated fat). The study suggests that people should substitute monounsaturated for saturated fats. They will lose body fat and use more fat as fuel.

Int. J. Obesity 26:814-821, 2002

☺ [An Orange A Day](#)

According to a new analysis of 48 international research efforts, citrus fruits can reduce the risk of upper digestive tract cancers. An extra serving of citrus each day, researchers say, can reduce mouth, larynx and stomach cancers up to 50 percent. Strokes may be reduced by nearly 20 percent. Oranges probably have the highest numbers of antioxidant compounds, which may explain these health benefits. Australia's Commonwealth Scientific and Industrial Research Organization performed the study.¹³

13. Reuters, Dec. 3, 2003, reporting on a study by researcher Katrine Baghurst.

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A printable version of Dr. Sutton's article is available online at www.chiroweb.com/columnist/sutton. You may also leave a comment or ask a question at his "Talk Back" forum at the same location.

☺ [Aspirin and the Pancreas:](#)

According to an analysis of the Nurses Health Study at Brigham and Women's Hospital in Boston, women who take two aspirins a day may nearly double their risk of pancreatic cancer. The study involved women who took such doses for 20 years or more (a factor that, in itself, should be cause for concern).¹² This study contradicts one released in 2002 from the University of Minnesota.

12. Associated Press, Oct. 28, 2003, reporting on a study presented by Dr. Eva Schernhammer to a meeting of the American Association for Cancer Research in Phoenix.

☺ [Aspirin Withdrawals:](#)

A new study shows that suddenly stopping the habit of taking an aspirin a day may induce a heart attack. Upon examining records of 1,236 heart patients at the University Hospital Pasteur in Nice, France, researchers found 51 who had severe incidents of heart attacks or unstable angina within a week of stopping daily aspirin. None had experienced such symptoms previously. "Our study shows that aspirin therapy cannot be safely stopped in any case, but especially in patients with a history of coronary disease,"¹¹ warns one of the researchers. Patients are routinely asked to temporarily stop taking aspirin in preparation for a number of

medical and dental procedures, to prevent excessive blood loss.

11. Reuters, Oct. 29, 2003, reporting on the work of Dr. Emile Ferrari.

🍅 Choose the Whole Tomato:

Lycopene, the compound credited for reducing prostate

cancer in various research projects assessing the effects of tomato products in the diet, does not appear to work as well outside of the tomato. Research from the National Cancer Institute⁴ reports that lycopene supplements do not offer the same protection as whole tomato products. This study involving 194 male rats found a 26 percent lowered risk of death from prostate carcinoma among rats fed powdered tomato with

their normal diet. Lycopene supplementation produced only a small fraction of that benefit. Both groups were beaten, however, by another group that was on a restricted calorie diet, with a 32 percent lowered incidence of the cancer.

4. J Natl Cancer Inst 2003 ;95:1578-1586.

🍅 Product Spotlight - Introducing Perfect E.

Perfect E is a natural vitamin E rich with tocotrienols. Tocotrienols show many positive benefits to humans. They are potent antioxidants. They inhibit oxidation of unsaturated lipids in cell membranes. They protect against glutamate-induced cell deaths making them neuroprotective! Preliminary research is looking positive for tocotrienols' ability to lower C-Reactive Protein. Results will be released soon. Tocotrienols control production of the potent estrogen, estradiol, and inhibit growth of estrogen receptors. Research has clearly proven their ability to lower cholesterol and inhibit liver cholesterol synthesis in a manner that is not likely to cause side effects.

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