



HEALTH NEWS

☺ **THOUGHT FOR THE DAY:**

Choosing to do what is right will, in the long run, always lead to the best outcomes.
—Elder Richard G. Scott

June 2006, Vol. 6, OAKWOOD CHIROPRACTIC, Dr. R. L. DaSo

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Fat From Soda:

A 10-year study of 2,400 girls concludes that an increase in soft-drink consumption leads to corresponding weight gain. The study was able to correlate a higher BMI with dietary trends that replaced milk and fruit juices with a two to-threefold increased consumption of soda pop.³ The study followed the girls from age 9 to age 19.

3. *Journal of Pediatrics*, February 2006.

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➤ **If It Ain't Broke...:**

Doctors from the Cleveland Clinic, investigating how well a combination of aspirin and the blood thinner Plavix would work to prevent deaths in relatively healthy individuals, were a bit surprised by their study. The two drugs are often recommended to patients under the assumption that their complementary actions would exert an extra beneficial effect on the cardiovascular system. However, for those with worrisome high blood pressure or high cholesterol reading, but no overt arterial clogging, this study found that the combination produced a near-doubling of the death rate from cardiac problems over two years.¹ Experts conclude that the \$4 per-pill Plavix is not useful for prevention.²

1. *NEJM*, April 20, 2006.

2. Associated Press, March 12, 2006.

➤ **Diversified Cholesterol Diets:**

Researchers from the University of Toronto report that a diet that combines a variety of healthy foods can decrease LDL cholesterol levels up to 20 percent, rivaling results reported by many popular cholesterol-lowering drugs. The key to the diet was combining a number of different foods such as plant sterols, soy protein, viscous fibers (found in oats, barley and eggplant) and almonds⁴ instead of concentrating on just one type of food. Cholesterol levels, measured at three months and 12 months, showed an average reduction of about 13 percent⁵ attributable to the diet.

4. Reuters, March 23, 2006.

5. *American Journal of Clinical Nutrition*, March 2006.

➤ **Capsaicin Kills Cancer:**

A study of prostate cancer in mice
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☺ **MARY'S DESK:**

Greens Are Your Best Defense Against Disease:

In order to understand how green foods work, any preconceived ideas about nutrition must be put aside. While green foods contain a host of vitamins, minerals, proteins, enzymes, chlorophyll and more, they are actually catalysts that support chemical chain reactions within the body.

Most diseases start when incomplete chemical reactions occur during digestion, respiration and elimination, which create acidic toxic waste in the body that ultimately interferes with cellular replication. Each cell in the body is responsible for replicating itself. During cellular reproduction, chromosomes split into chromatids and reassemble into genes. If they do not match up properly, cellular defects cause aging, bone loss, heart disease and cancer.

Green foods help "balance the body" and create an environment where disease is unlikely to occur. Low pH or over acidity in the system is often the root cause of many diseases. It begins when the blood is deprived of alkaline ash food that creates a low alkaline buffer reserve in the tissue, alkaline ash foods are foods that when burned leave an alkaline residue, we also call these alkaline forming foods. As the alkaline reserve is "used up" by our blood, acidity begins to increase in other organs and stress normal metabolic function. To combat the formation of lactic, sulfuric, uric and other damaging acids, the body may leach calcium from the bones to "buffer" and neutralize these acids. Unfortunately this causes bone loss, arthritis and ultimately osteoporosis. Another defensive measure is to create ammonia in the kidneys in an attempt to conserve the alkaline buffer
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concludes that the ingredient that puts the "hot" in hot peppers causes tumor cells to self-destruct. Tumors in mice that were fed the compound grew to only one-fifth the size of the control group.⁶ The mice consumed the equivalent of what would be between three and eight fresh habanero peppers for humans, three times per week. Ay, caramba!
6. *Cancer Research*, March 15, 2006; Dr. Soren Lehmann of the Cedars-Sinai Medical Center and the University of California Los Angeles School of Medicine.

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➤ **Psychotic Children Abound:**

An analysis of annual health surveys of children averaging approximately 13 years of age has found that the use of antipsychotic drugs on children has quintupled between 1995 and 2002. This means that about 2.5 million kids are taking the medications, or about 40 out of every 1,000. Researchers are a bit concerned because of indications that they (the drugs) are being used in large part to treat conditions for which they have not been proven effective.⁷
7. Associated Press, March 16, 2006, reporting on the work of Dr. William Cooper, a pediatrician at Vanderbilt Children's Hospital.

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➤ **Steroids, Rheumatoid Arthritis, and Pneumonia:**

A study on the effect of low doses of Prednisone (a steroid drug) for the treatment of rheumatoid arthritis concludes that the regimen leads to an increased mortality from pneumonia. The study looked at 16,788 elderly patients over a three-and-a-half-year period. When compared to nonsteroid treatments, the Prednisone patients showed a 70 percent greater chance of contracting pneumonia.⁸ One of the known actions of steroid drugs is suppression of the immune system. Pneumonia is one of the leading
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causes of death among those suffering from rheumatoid arthritis.
8. *Arthritis & Rheumatism*, February 2006.

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➤ **Veggie Eaters Can Breathe Easier:**

A report published in the journal *Thorax*⁹ concludes that a higher intake of certain vegetables has a protective effect against asthma. This study analyzed data from 69,000 French women and correlated their diets, with the incidence of asthma. They found that women consuming the highest amounts of leafy greens (such as spinach and lettuce), carrots and tomatoes reported a 20 percent lower incidence of asthma than those who rarely included such items in their meals. There is some question, however, as to whether these vegetables themselves are responsible for the health benefits, or if their consumption is just a sign of an overall healthier lifestyle.
9. *Thorax* 2006;61:209-215.

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(**Mary's Desk continued**)

reserve. This ultimately leads to kidney stones, hormone imbalance and contributes to the cellular stress that leads to disease. Scientist have discovered that green juices increase the oxygenation of the body, purify the blood and organs, aid in the metabolism of nutrients and counteract acids and toxins. Green juices are the superstars of the nutrition world. Take for example the April 1999 Issue of the Harvard Health Letter. According to Harvard researchers, one of the most important steps anyone can take to avoid cancer is to consume more deep green-pigmented foods. With cancer rates climbing, researchers noted that this type of dietary change must be the first line of defense. (Note: Over 1 million cases are diagnosed each year!)
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At the Centers for Disease Control (CDC) in Atlanta, GA, Dr. Tim Beyers has seen how adding green foods to even the best diet can increase cancer prevention dramatically. Studies at the CDC show that people who eat a high fiber, low fat diet can decrease their risk for colon/rectal cancer by less than 10%. However, adding five servings of greens to the same low fat, high fiber diet the risk fell by nearly 40%. Other studies show a lack of green vegetables increases breast cancer risk nearly 25%, with skin cancer results being very similar. While these studies focused on green leafy vegetables, sea greens have also been impressive in human studies conducted at UC Davis by T.L. Mao, Jean De Water and M.E. Gershwin. "Let food be your medicine and let medicine be your food." Get into a healthy daily habit of getting plenty of greens into your diet. You'll be rewarded by experiencing radiant health!

Wishing You Vibrant Health,
Christopher Vasey, ND

P.S. I Could not have said it better myself. You can never get enough greens and a green drink like our NanoGreens will help keep your body in the preferred Alkaline state. You can easily check how acid or alkaline you are with the pH sticks that we carry in our office.

To your good health,
Mary Stock RPh, CCN
Pharmacist and Nutritionist

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Be sure to sign up today for our upcoming **Learning Series** presentation on **Woman's Health Concerns**, to be held Wed., June 21st from 6:30 PM to 7:30 PM at our office. [Click here to get the details.](#)

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