

HEALING FOODS & REMEDIES  
FOR CROHN'S, SEE P. 40

THE SHOPPING MAGAZINE FOR NATURAL LIVING

# better nutrition

May 2010

[betternutrition.com](http://betternutrition.com)

## WOMEN'S HEALTH

*10 Great Supplements for Women of Any Age*

## BEAUTIFUL SKIN

*In Your 20s, 30s, 40s—and Beyond*

## STRONG BONE SECRETS

*The Whole-Body Approach  
to Osteoporosis*

WIN A FREE  
copy of Michael T.  
Murray, ND's newest  
book—*What the Drug  
Companies Won't Tell  
You and Your Doctor  
Doesn't Know.*  
See p. 8.



## SPRING FOR MINT

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#BN006691 2# BETR 3S S11  
MARY BETH GAIK  
PEACE MEDIA  
347 HIGH ROAD  
CARY IL 60013-2629  
PERMIT NO. 365  
DANVILLE, VA  
US POSTAGE PD

# news flash

The Latest Research By Vera Tweed



## PREVENT STROKES WITH SPECIAL VITAMIN E

*In nature, vitamin E is made up of several* different components, and one of these, alpha-tocotrienol (not the same as alpha-tocopherol, the most common form of the vitamin), may protect against strokes. A study of human brain cells at The Ohio State University Medical Center, in Columbus, scheduled to be published in the *Journal of Neurochemistry*, found that this type of vitamin E shields the brain from damage caused by disease and trauma.

"If you have a high enough concentration of alpha-tocotrienol in your body, it could help to prevent neurodegenera-

tion," says study coauthor Chandan Sen, PhD. To reap the benefits, take this type of vitamin E on an ongoing basis as, according to Sen, it takes 8 to 10 weeks to build up adequate levels.

The study used tocotrienols from Malaysian virgin palm oil, the richest source of the nutrient, but it is also found in cereal grains and in supplements. To get this form of the vitamin, look for "tocotrienols" on product labels. Try A.C. Grace's Unique E Tocotrienols or Carlson Tocotrienols.

### DID YOU KNOW?

The United States could save \$5 billion per year on health care costs by tightening regulation of toxins in our food and environment. Source: [saferchemicals.org](http://saferchemicals.org).

## PROBIOTICS FOR PREGNANCY

*Taking probiotic supplements* from the first trimester of pregnancy onward proved safe and reduced risk of gestational diabetes by 20 percent in a study of more than 250 pregnant women, published in the *British Journal of Nutrition*. Gestational diabetes increases risk for diabetes in both mother and child, and increases the odds that the child will become obese.

## HAPPINESS IS HEART MEDICINE

*Being happy significantly reduces* the chances of developing heart disease, according to the first study of its kind, published in the *European Heart Journal*. Researchers at Columbia University Medical Center in New York tracked more than 1,700 men and women for 10 years and found that those who were generally enthusiastic, content, or frequently experienced joy developed significantly fewer heart problems, and risk decreased in proportion to greater happiness. Temporary bad moods or periods of anxiety didn't increase risk.

Lead researcher Karina Davidson, PhD, recommends that everyone include some pleasurable activities in their daily lives, rather than just waiting for a special vacation. For example, if you love reading, listening to music, or walking, work such activities into your daily schedule, even if only for 15 minutes. ✦

## REMEDIES AT YOUR FINGERTIPS

*You have a scratchy throat.* Should you take zinc or echinacea, or is it megadoses of vitamin C? Just grab your iPhone and access your Natural Cures app, where you can pull up natural treatments for health conditions from A to Z. Developed by world-renowned integrative physician, researcher, and best-selling author Jacob Teitelbaum, MD, with his wife, nutritionist Laurie Teitelbaum, Natural Cures gives you a wealth of information, anytime, anywhere. And it's free. Go to [vitality101.com](http://vitality101.com) for more information.

## FLEX TIME IS GOOD FOR YOU

*If you'd like your employer* to offer flexible working hours, here's a good reason: flexible schedules improve the blood pressure, sleep patterns, and mental well-being of employees, according to a scientific review by The Cochrane Collaboration, a British-based nonprofit organization. Researchers based their conclusion on 10 studies that involved more than 16,000 people.

