



December, 2011

Nutley Nutrition Center

NEWS



Better information for living, naturally



Less Stress

New science on reducing stress naturally

Doctors discuss adaptogens—herbs that help manage stress, low choline levels can mean more anxiety, and Bach® Flower Essences reduced symptoms of severe anxiety, in several new studies.



Herbalists use the term “adaptogen” to mean an herb that gives sustained, positive effects to people undergoing exhausting physical and mental work. Here, scientists review and discuss the evidence of verified effects from the latest clinical trials.

Rhodiola rosea and *Schisandra chinensis*: Researchers conclude that there is “strong scientific evidence for *Rhodiola rosea*, and good scientific evidence for *Schisandra chinensis*, for improving attention, cognitive function and mental performance in people with fatigue and fatigue syndrome.”

Siberian ginseng (*Eleutherococcus senticosus*): The doctors say there is “good scientific evidence for *Eleutherococcus senticosus* for increased endurance and mental performance in patients with mild fatigue and weakness.”

The scientists conclude that adaptogens are herbal preparations that increase tolerance to mental exhaustion, enhance attention and mental endurance during exhausting physical and mental work, and help the body maintain its natural internal balance.

In an anxiety study, researchers said that choline is important in the central nervous system and wanted to study its effects on mood. Choline is an essential nutrient, meaning people must consume it in the diet to maintain health. Doctors compared choline concentrations and anxiety symptoms in about 6,000 adults and found that those with the lowest choline levels had the highest levels of anxiety.

In another anxiety study, researchers gave 111 nursing students a standard dose of Bach Flower Essence Rescue Remedy or a placebo after telling them they had to take a surprise exam. Both groups had fewer signs of anxiety, but the Bach Flower group had much greater overall relief from anxiety than placebo.

Reference: Current Clinical Pharmacology; 2009, Vol. 4, No. 3, 198-219

Nutley Nutrition Center

David Okupniak

377 Centre Street Nutley, NJ 07110

973-667-9446

www.nutleynutrition.com

e-mail: mail@nutleynutrition.com

The information herein is not intended as a substitute for medical diagnosis or treatment. Anyone who has a serious disease should consult a physician before initiating any change in treatment or before beginning any new treatment.

Prenatal Health

Nutrients helped ensure healthy mothers and babies

Pregnant women with good probiotics levels had healthier weight, less diabetes, and more normal-sized babies in several new studies.

Doctors in a probiotics study said that moms who keep excess weight off while pregnant can avoid complications and have healthier babies. Researchers measured gut microorganism levels in 50 women in the 24th week of pregnancy. Those who had gained more weight than normal had fewer good bacteria and more bad bacteria. Women who avoided excess weight also had more folate and higher levels of HDL, the “good” cholesterol.

In another probiotics study, doctors said that women who maintain healthy weight are less likely to develop diabetes while pregnant or type 2 diabetes later, and their children are less likely to be obese or to develop diabetes as adults. In the study, 256 women in their third trimester of pregnancy were divided into three groups who got dietary counseling plus probiotics, dietary counseling plus placebo, or no counseling or probiotics. The probiotics were *Lactobacillus rhamnosus* and *Bifidobacterium lactis*.

After the study, about 35 percent of the placebo and no-counseling groups had developed gestational diabetes, compared to 13 percent for the probiotics group.

Women in the probiotics group were also much more likely to deliver normal-sized babies. Doctors said that larger birth size raises the chances of obesity later, and concluded that probiotics and dietary counseling may safely and cost-effectively reduce obesity and diabetes.



Reference: British Journal of Nutrition; 2010, March,

Americans Do Not Meet Federal Dietary Recommendations

It has long been a goal of dietary surveillance has been to estimate the proportion of the US population which consumes the recommended amounts of various food groups as determined by the most current government food pyramid. However, until now, statistical methods for assessing the alignment of food intakes with recommendations have been lacking. The purposes of the study cited here were to demonstrate the National Cancer Institute’s method of estimating the distribution of usual intake of foods and determine the proportion of the U.S. population who does not meet federal dietary recommendations. (1) Here is what was found; “Data were obtained from the 2001–2004 NHANES for 16,338 persons, aged 2 y and older. The majority of the population did not meet recommendations for all of the nutrient-rich food groups, except total grains and meat and beans.” (1) At the same time, there was an overconsumption of energy from solid fats, added sugars, and alcoholic beverages (“empty calories”) across the population . Over 80% of persons age \geq 71 y and over 90% of all other sex-age groups had intakes of empty calories that exceeded the discretionary calorie allowances. “In conclusion, nearly the entire U.S. population consumes a diet that is not on par with recommendations. These findings add another piece to the rather disturbing picture that is emerging of a nation’s diet in crisis.”

(1) Citation; 2010 American Society for Nutrition ; **Americans Do Not Meet Federal Dietary Recommendations**¹Susan M. Krebs-Smith^{2,*}, Patricia M. Guenther³, Amy F. Subar², Sharon I. Kirkpatrick², and Kevin W. Dodd²

The information herein is not intended as a substitute for medical diagnosis or treatment. Anyone who has a serious disease should consult a physician before initiating any change in treatment or before beginning any new treatment.

Performing Better

Nutrients help athletes prepare, perform, and recover

In athletes, omega-3 improved lung function, creatine strengthened swimmers, and *Rhodiola* and ginkgo biloba increased endurance and cut fatigue, several new studies reveal.

In an omega-3 study, 40 non-smoking amateur male wrestlers, average age 19, average body mass index 22.75, took omega-3 supplements with or without training, or took a placebo with or without training. The omega-3 supplement was 180 mg of eicosapentaenoic acid plus 120 mg of docosahexaenoic acid per day. After 12 weeks, while there were no significant changes for the other groups, the omega-3 training group had 41 percent better airflow and 53 percent greater total lung capacity, compared to the beginning of the study.

In a creatine study, 16 male elite fin-swimmers, average age 16, took 5 grams of creatine four times per day, or a placebo. After five days, while there was no change for placebo, the creatine group increased continuous jumping power by 20 percent and swam much faster in two 100-meter swim sprints.

In an endurance study, 67 healthy men, aged 18 to 22, took a 270 mg combination of *Rhodiola* plus ginkgo biloba four times per day, or a placebo. After seven weeks, while there was no change for placebo, the *Rhodiola*-ginkgo group had much better aerobic (oxygen) capacity in an endurance test compared to the beginning of the study. Researchers also measured cortisol, a sign of stress, and found cortisol levels were much higher in the placebo group, but unchanged in the *Rhodiola*-ginkgo group.

Reference: Journal of Science and Medicine in Sport; 2010, Vol. 13, No. 2, 281-6

Healthy Minds

Nutrients reduced severe psychiatric disorders in youth and adults

Omega-3s helped reduce psychoses in youth and treat psychiatric disorders in adults, and SAME lowered aggressive behavior in schizophrenia, several new studies reveal.

In a psychiatric study, doctors said that omega-3s offer general health benefits without side effects and might also improve mental health. Researchers diagnosed 76 teens and young adults, aged 13 to 25, as likely to develop psychoses—disorders that include abnormal thinking, perception, delusions and hallucinations. Participants took 1,200 mg of omega-3s per day, or a placebo, stopping after 12 weeks. Forty weeks later, 27 percent of those in the placebo group had developed a psychosis compared to 5 percent for omega-3s. Disorders in the omega-3 group progressed 82 percent more slowly than placebo, with participants reporting fewer symptoms and better mental functioning.

In an international review of omega-3 psychiatric studies, researchers found people in countries that consume less fish were 30 to 60 times more likely to have major depression, postpartum depression, and bipolar disorders compared to those in countries that eat more fish. In a related review, studies linked depression with diets low in omega-3s, and linked depression and schizophrenia with low blood levels of omega-3s. Researchers said omega-3s appear to enhance the effect of psychotropic medications.

In a SAME (S-adenosylmethionine) study, 18 people with chronic schizophrenia took 800 mg of SAME per day, or a placebo. After eight weeks, while the placebo group had not improved, some in the SAME group showed less aggressive behavior, reporting better quality of life and fewer symptoms of depression. Two people who took SAME became more irritable. Researchers cautiously concluded that this short-term pilot study supports SAME in managing aggressive behavior in schizophrenia.

Reference: Archives of General Psychiatry; 2010, Vol. 67, No. 2, 146-54

The information herein is not intended as a substitute for medical diagnosis or treatment. Anyone who has a serious disease should consult a physician before initiating any change in treatment or before beginning any new treatment.

**Nutley
Nutrition
Center**

\$3 off purchase of
\$20 or more

**Nutley
Nutrition
Center**

\$6 off purchase of
\$40 or more

**Nutley
Nutrition
Center**

\$10 off purchase of
\$50 or more

**Nutley
Nutrition
Center**

\$20 off purchase of
\$90 or more

**Nutley
Nutrition
Center**

\$30 off purchase of
\$125 or more

**Nutley
Nutrition
Center**

\$5 off purchase of
any food/
supplement
combination
\$35 or more

Valid for vitamin/supplement purchases only, may not be combined with any other offer or discount

**Nutley
Nutrition
Center**

\$3 off purchase of
\$20 or more

**Nutley
Nutrition
Center**

\$6 off purchase of
\$40 or more

**Nutley
Nutrition
Center**

\$10 off purchase of
\$50 or more

**Nutley
Nutrition
Center**

\$20 off purchase of
\$90 or more

**Nutley
Nutrition
Center**

\$30 off purchase of
\$125 or more

**Nutley
Nutrition
Center**

\$5 off purchase of
any food/
supplement
combination
\$35 or more

Valid for vitamin/supplement purchases only, may not be combined with any other offer or discount

**Nutley
Nutrition
Center**

\$3 off purchase of
\$20 or more

**Nutley
Nutrition
Center**

\$6 off purchase of
\$40 or more

**Nutley
Nutrition
Center**

\$10 off purchase of
\$50 or more

**Nutley
Nutrition
Center**

\$20 off purchase of
\$90 or more

**Nutley
Nutrition
Center**

\$30 off purchase of
\$125 or more

**Nutley
Nutrition
Center**

\$5 off purchase of
any food/
supplement
combination
\$35 or more

Valid for vitamin/supplement purchases only, may not be combined with any other offer or discount

**Nutley
Nutrition
Center**

\$3 off purchase of
\$20 or more

**Nutley
Nutrition
Center**

\$6 off purchase of
\$40 or more

**Nutley
Nutrition
Center**

\$10 off purchase of
\$50 or more

**Nutley
Nutrition
Center**

\$20 off purchase of
\$90 or more

**Nutley
Nutrition
Center**

\$30 off purchase of
\$125 or more

**Nutley
Nutrition
Center**

\$5 off purchase of
any food/
supplement
combination
\$35 or more

Valid for vitamin/supplement purchases only, may not be combined with any other offer or discount

Hours: Monday & Thursday 9:15-6:45; Tuesday, Wednesday, Friday & Saturday 9:15-5:45
Special Orders Available — We Ship Anywhere in the US