



B Vitamins Slow Alzheimers and Grey Matter Loss

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Researchers from the University of Oxford have determined that B vitamin supplementation can slow and possibly reverse the progression of Alzheimer's symptoms along with cognitive impairment.

The researchers – from Oxford's Nuffield Department of Clinical Neurosciences – conducted a clinical trial with 156 elderly patients who had mild cognitive impairment and a high risk of dementia and Alzheimers disease. The researchers randomized the patients and for two years, gave one group a daily supplement with 800 micrograms of folic acid, 20 milligrams of vitamin B6, and 500 micrograms of vitamin B12. They gave a placebo supplement to the control group.

Before the trial and during the testing period, the researchers utilized magnetic resonance imaging (MRI) to measure the patients' atrophy levels of grey matter in their brains. Atrophying grey matter is a sign of the progression of Alzheimer's disease and other forms of dementia. Atrophy in the grey matter is shown as the amount of grey matter shrinks in the imaging tests.

While grey matter regions did shrink among both groups, the researchers found that those given the B vitamin supplements had about seven times less grey matter shrinkage than did the placebo group.

The researchers also found that those whose grey matter shrunk fastest had higher levels of homocysteine, and those with higher homocysteine levels received the greatest benefit from the B vitamin supplements. They summarized the effects thus:

"B vitamins lower homocysteine, which directly leads to a decrease in grey matter atrophy, thereby slowing cognitive decline."

The researchers also conducted neuropsychological testing on the patients to correlate their grey matter losses with neuropsychological function. Their testing concluded that the B vitamins not only helped reduce grey matter losses, but also reduced the drop in neuropsychological scores among the supplement group.

In their conclusion, researchers say; "Our results show that B-vitamin supplementation can slow the atrophy of specific brain regions that are a key component of the Alzheimers disease process and that are associated with cognitive decline." <http://www.greenmedinfo.com/greenmed/newsletter>

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—GreenMedInfo, March 25, 2019

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Cancer Causing Caramel Color

nutritionfacts.org, March 28, 2019

Caramel coloring may be the most widely consumed food coloring in the world. Unfortunately, its manufacture can sometimes lead to the formation of a carcinogen called methylimidazole, which was identified as a cancer-causing chemical in 2007. Soda drinks are one of the main contributors with this ingredient.

Changing Protein Requirements

nutritionfacts.org, April 11, 2019

There has been a history of enthusiasm for protein in the nutrition world. A century ago, the protein recommendations were more than twice what we know to be today.

Since then, science has been able to prevail and in the 1970's there was a massive recalculation of human protein requirements.

Infant protein requirements went from a recommended 13 percent of daily calories down to 10 percent, down to 7 percent, then down to 5 percent.

With a little more thought it was considered the best protein intake was just simple breast milk!

Consequences Of Prostate Treatment

nutritionfacts.org, April 2, 2019

A cancer diagnosis is seen as a teachable moment in medicine where we can try to get people to eat healthier, but "research has suggested that male cancer patients may be reluctant to introduce dietary modification...This has been attributed to dietary modifications often being viewed as mimicking "feminine" eating behaviours, such as emphasizing an increase in fruit and vegetables."

In men newly diagnosed with prostate cancer, one quarter of men would sooner have their life cut short than go without their beef and pork to take on a plant based diet to help their cancer.

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Vitamins

The 'vital amines' were discovered at about the turn of the 20th century. Since some were found not to be amines, the word 'vitamin' (dropping the e) was coined in 1912.

They became known because of deficiency diseases that were showing up in humanity. Research found that the cause of many of these diseases was because of the absence of vitamins in the diet. When the intake of the foods with the vitamins was added, there was a dramatic relief of many illnesses. One such problem was scurvy in the men on the ships at sea. When fed foods with vitamin C they overcame the problem.

Vitamins promote the rate and ease of how essential chemical reactions proceed in the body. They regulate metabolism. Many of the vitamins are so essential to the regulation of metabolism that many processes cannot work without them.

They assist in converting fat and carbohydrates into energy. Many vitamins are essential to the production of bones and tissue, one in particular being vitamin D. It appears that all cells in the body, blood cells and gastrointestinal lining cells require vitamin B-12.

They also prevent deficiency diseases. One of the brightest chapters in history is that of the discovery of how to prevent pellagra, scurvy (as mentioned above), rickets, night blindness, hemorrhagic diseases of the new-born baby. It seems incredible that less than a century ago, these diseases were widespread scourges of unknown causes, remedied often by simple vitamin rich food. – Nutrition for Vegetarians, Dr Agatha Thrash, p.61,62



Super Green Phyto Complex

There are many super foods to choose from, but many can be rather unpalatable. Super Green Phyto Complex has been carefully formulated to please even the pickiest palate.

The fast paced diet is high in fat, low in fibre and protective phytonutrients. Super Green Phyto Complex is an excellent way to help ensure that your body gets the nutrients it needs to stay healthy. It is power packed with nutrient dense super foods that contain vitamins, minerals, enzymes, antioxidants, fibre and more. Science today tells us that we all need more of the protective ingredients in live foods.

So what is in this complex? Here is just a partial list;

Spirulina, Alfalfa juice, Wheat grass, Carrots, Broccoli, Chlorella, Red beet, Barley grass, Barley Sprout juice, Asparagus, d-Ribose.



\$44.00 +p&p

Lima Beans

2 cups Lima beans	1t salt
1 large onion	200gm coconut cream
2 cloves garlic	2T cornflour
1/3 cup celery diced fine	Hand full of fresh parsley and or coriander (opt)
1 t paprika	

Wash beans. **Cover** with water and let stand overnight.

In morning, **Rinse** off. **Add** enough water to just cover beans.

Bring to boil. **Cook** until tender - about 1 hour.

Saute garlic, onion and celery together until celery is soft.

Mix in paprika and salt. **Cook** another 1 min.

Add to cooked beans and cook all for another 10 min.

Add in coconut cream and cornflour mixed with a little water.

Cook all until thickened.

Mix in coriander and parsley. **Serve**.

Can use baby or large Lima beans.

