



PANTRY POST

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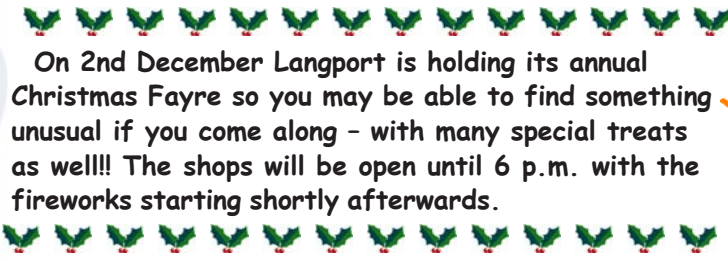
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Christmas Service

Many of you have already made use of our "bring us your Christmas recipe" service - we weigh up only what you need, so saving you time and money.



Ourselves we have been making Great Great Grandma's Christmas puddings and mincemeat, so these are now available and cakes will be coming toward the end of the month. If you have a special requirement such as no sugar or no citrus, then please let us know. If you wish to order fresh vegetables, stilton, or other items, we really need these before 18th December in order to be able to ensure collection by 24th December - yes we know it is Sunday! We will be open until 1 p.m. for those last minute items!



On 2nd December Langport is holding its annual Christmas Fayre so you may be able to find something unusual if you come along - with many special treats as well!! The shops will be open until 6 p.m. with the fireworks starting shortly afterwards.



Of the common cold

Over 200 different viruses have been identified which cause cold symptoms and whilst no vaccine is available, there are actions which you can take to help.

The first is to boost the immune system. The Common Cold Research Unit is currently investigating the use of herbal remedies and probiotics to treat colds and its Professor Eccles has indicated "there is sufficient evidence to say that zinc and certain types of good quality echinacea help fight off colds and shorten their duration...starting to take it when you have the cold is too late!" When the Professor has a cold he takes daily a very high dose of vitamin C - 2g and repeats this for two or three days!



Bioforce's Echinaforce is the only echinacea remedy marketed worldwide where an immune modulating action has been identified. Echinacea and garlic, which helps loosen phlegm, are combined in Potter's Antifect and Lane's provide a Sage and Garlic remedy for helping clear the bronchial passages.

Have another glass Ladies!

The Research Centre for Gender, Health and Ageing at Australia's University of Newcastle has followed the drinking habits of more than 12,400 women who were at least 70 years old at the outset of the study and found that those who drink alcohol in moderation are generally healthier than older women who do not drink!

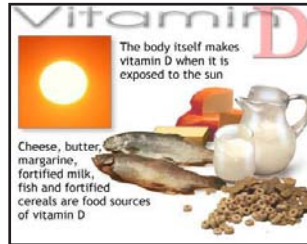
Over the seven years of the study the results showed that women who drank infrequently or not at all were far more likely to die of any cause than women who drank a maximum of two drinks per day, three to six days each week. Non-drinkers and infrequent drinkers were also in poorer health compared to the moderate drinkers. Another Australian study found that most elderly women who drink alcohol tend to be wine drinkers, while research in Denmark also showed that healthy diets are common among women who drink wine!



Try to find some sun!

A study at Mount Sinai Hospital in Toronto of more than 1,000 healthy women and about 560 with breast cancer showed that women who had the highest vitamin D intake (through extended sunlight exposure, or intake of cod liver oil or milk) between the ages of 10 and 29 had a 40 per cent reduced risk of developing breast cancer later in life compared to women with the lowest vitamin D intake.

Researchers believe that high vitamin D levels during the years when breast tissue is in rapid development may help protect the breasts from cancer. A second study at the University of



California, San Diego, tested women's blood samples and found that women who had blood levels of 52 nanograms per millilitre of vitamin D had a 50 per cent reduced risk of developing breast cancer compared to women with low vitamin D levels. The research team noted that to reach this level requires a vitamin D intake of about 1,000 IU daily - a level that is difficult to reach without daily sun exposure. The best dietary sources of vitamin D are eggs, liver, fish liver oils, and oily fish such as salmon, sardines, trout, and tuna.

Helping prevent Alzheimer's

It is well established that an elevated level of homocysteine (an amino acid) increases the risk of heart disease and other cardiovascular problems and that foods and supplements rich in vitamins B6, B12, and folate can help reduce homocysteine. Less well known, however, is a demonstrated link between high homocysteine and an increased risk of Alzheimer's disease ("AD") and dementia.

US researchers from the Jean Mayer USDA Human Nutrition Research Center on Ageing at Tufts University recruited more than 320 healthy older men and followed them over three years. At the conclusion of the study, researchers reported that high homocysteine levels were associated with a decline in recall memory and high folate levels were significantly linked to verbal fluency. This meant that subjects with elevated folate levels had fewer declines in spatial copying (a drawing test that measures the brain's ability to understand and reproduce geometric figures). Writing in the American Journal of Clinical Nutrition, the USDA

authors concluded that, "Low B vitamin and high homocysteine concentrations predict cognitive decline."

Vitamins B6, B12, and folate have been proven to help metabolise homocysteine. These nutrients are abundant in asparagus, lentils, chickpeas, most varieties of beans, and especially spinach and other leafy green vegetables. Many people do not absorb B vitamins well, so in addition to these food sources a good B-complex supplement is often required to lower homocysteine levels.



Once homocysteine levels are addressed, there are other nutrients that may offer further protection from Alzheimer's. Two studies from Johns Hopkins have identified how cognitive function may be supported by following a diet high in vitamin E (spinach, eggs, nuts, seeds, avocados, tomatoes, peaches and blackberries) was strongly associated with a significant reduction of Alzheimer's risk and intake of dietary vitamin C was found to be somewhat useful in reducing AD risk, but less effective than vitamin E. A follow up study two years later, identified that those who took supplements of vitamins C and E combined had a 78 per cent lower risk of AD. In addition, Alzheimer's risk was even lower among subjects who took a vitamin E



supplement along with a multivitamin that contained vitamin C. Professor David Smith of Oxford University commenting at a recent conference on brain health noted that of the two common views about AD, one was that it was inevitable was untrue and the other that it was all in the genes - said inherited genes alone were responsible for just

one per cent of AD. He added that as the disease process for AD may start 25 years before it is expressed, this gives the opportunity for prevention.

Not what it seems

We had occasion recently to look at some Vitamin B complex supplements from a multiple chain, the first item listed was calcium carbonate (chalk), the second a sugar

substitute and only then some vitamins before an artificial colouring agent and then some more vitamins!

Please do check the ingredients - you will benefit more from a good quality supplement!

Soft skin and chicken combs

When seeking to identify why the residents of a village only two hours from Tokyo were living so long, it was discovered the 80 and 90 something villagers were not only they healthier, they also had incredibly soft skin!

It transpired that rather than eating rice, their staple was a sticky gelatinous root vegetable that could help stimulate the body's production of hyaluronic acid. This has been fairly well studied as a means of improving joint health and is thought to act on the skin by locking in moisture. So when levels are low, the results are likely to be dry, saggy, wrinkled skin. It is possible to inject hyaluronic acid or even smooth it on your skin, but unless one has a taste for animal bones and skin, one cannot just eat more! Higher Nature now offer a vegetarian source of hyaluronic acid as an alternative to most of the supplements which are derived from chicken combs!



Go for Goji!

Goji berries are found in the pristine "Heavenly Mountains" of China and have been famous and revered as an anti-aging elixir for thousands of years. These "immortality berries" have a unique group of polysaccharides found nowhere else that are a super source of essential cell nutrients.

Goji naturally helps facilitate the release of Human Growth Hormone (HGH). HGH has been shown to lead to increase concentration, more restful sleep, faster healing, recovery, weight loss, cellulite and increased libido and performance.

Goji's other anti-aging compounds include germanium, selenium, carotenoids, and more beta carotene than carrots! Goji berries are an



extremely nutrient-dense fruit and are regarded in the Orient as an anti-aging super food. They are a deep-red, dried fruit about the same size as a raisin; though very sweet and taste something like a cross between a cranberry and a cherry!

Even more light!

As we move through the dark days of winter, many become affected by the lack of light and feel SAD! Apart from seeking as much light as possible, some changes to your diet could help to reduce this seasonal affliction? Eat foods rich in vitamin B6 as low levels can lead to depression. Such foods include cabbage, bananas and fish. But not on the same plate, unless you are pregnant! You should also put some folic acid in your system as researchers have found that clinically depressed patients just do not have enough; so eat more citrus fruit, spinach and wholegrain foods. Also some nuts contain selenium, which was found to boost your mood by researchers at University College in Swansea. The best source is the mighty Brazil nut. Finally eat chilli peppers; they contain capsaicin, which helps your brain produce endorphins - the natural mood-enhancing chemicals in your body. Finally make sure to walk at least 20 minutes a day, preferably in the sun!



Dead Sea Comfort

Three million years ago, due to a faulty geological movement, sea waters were able to penetrate the Dead Sea valley where, combining with a variety of mineral sediments, they formed a vast lake.

High evaporation caused by the very dry climate increased the saline concentration of the water which resulted in natural precipitation of the salts, chalk and gypsum, and this created thick white layers across the surface which are still apparent today. In fact, the Dead Sea water has a saline factor of 33%, 10 times greater than that of any other open sea.

Since then, however, the Dead Sea has become landlocked and totally dependent upon the numerous natural thermal springs that flow into it from the steep escarpments surrounding its shores. These springs release abundant quantities of hot mineral waters uniquely rich in a variety of health-

giving minerals such as sulphur, bromine, iodine, magnesium, potassium, calcium, sodium and many others.

For hundreds of years, the special combination of these minerals has helped to relieve the irritation and itching caused by skin complaints such as eczema, psoriasis and acne, as well as creating a feeling of well being through stimulating the blood circulation and cell rejuvenation. Indeed,



thousands of people from all over the world who suffer from skin diseases, in particular psoriasis and eczema, visit health spas on the shores of the Dead Sea to improve their conditions by immersing themselves in the therapeutic waters. As we have Dead Sea salts in two sizes, why not trial

their benefit before you consider giving some for Christmas!

Snippets

More on CoQ10 - A recent study at the Lancisi Heart Institute in Italy has found that of a group of men and women with chronic heart failure, those receiving 100 mg of CoQ10 three times each day had a near 40% improvement in their hearts' functional capacity after only four weeks compared to those taking a placebo. Results also revealed that exercise apparently boosted the absorption of CoQ10 into the blood stream. CoQ10 research has shown that this super-antioxidant fuels cellular energy production and repairs free-radical damage to the heart muscle.

Pycnogenol - A study reported in the journal Diabetes Care on subjects with type 2 diabetes has shown that when researchers compared fasting glucose levels before and after the study, those who had received doses 100 mg or greater significantly lowered their levels. A second study has shown similar results after 12 weeks and plasma glucose levels were much improved in the Pycnogenol group compared to the placebo group.

In addition, Pycnogenol subjects experienced improved endothelial function, which prevents hardening of the arteries by keeping the inner diameter of blood vessels open and flexible.

Vitamin E - Researchers at the University of Aberdeen have identified that women who had enough vitamin E during pregnancy may help to reduce their child's risk of developing asthma.

Pesticides - the latest study by the Pesticide Residue Committee found that nearly one third of food and drink products tested contained traces of agricultural chemicals and around two per cent exceeded legal

limits. The small increase in those above the legal limit was explained by the growing imports of exotic fruit and vegetables. Organic fruit and vegetables contain no such chemicals and pesticides; ours have the added advantage of being seasonal and primarily local - which includes the eggs!

Blackcurrants - A report from the University of Dundee Medical School and the Scottish Crop Research Institute has identified that if eaten on a regular basis compounds in each tiny blackcurrant may prevent the occurrence of cardiovascular disease and maintain good heart health. This is as a result of the anthocyanins which give blackcurrants their distinctive dark colour and could reduce hardening of the arteries. It is known from studies that anthocyanins relax arteries and increase blood flow around the body while actively helping to maintain a healthy balance of cholesterol in the body.



Toenails - as part of recent study into arthritis, researchers analysed the toenail clippings of 940 people and took x-rays of their knees to determine the extent of their arthritis. They found that individuals with the highest selenium levels cut their risk of osteoarthritis in the knees by 40 per cent compared with those who had the lowest levels of the mineral. In addition, participants with the highest selenium levels also reduced the severity of their disease by half.