

Our Naturopaths answer some of the most popular questions from the voicemail:

Q I've been taking your joint products for years, but have just noticed a warning on the label. I take medications from my doctor for high blood pressure and I'm concerned about whether I can keep taking my joint product. Can you explain the warning?

A In the last year there have been changes to the labelling of products containing glucosamine sulfate complexed with potassium chloride. In certain groups of people, such as those taking heart or blood pressure medications or those with impaired kidney function, glucosamine products containing potassium have the potential to cause high potassium levels in the body.

To put it into perspective, Healthy Joints contains 129mg of potassium per capsule, which is equivalent to the amount of potassium in half a cup of strawberries or half a kiwi fruit. It is best to speak to a naturopath or to your doctor or pharmacist to check if you can take our glucosamine products with your medications.



Q I've heard that the statin medications, which are prescribed to lower elevated cholesterol levels can deplete certain nutrients in the body. Can you comment on this?

A Certainly. Research has shown that even brief exposure to statin medications results in a marked decrease in blood coQ10 concentrations.

This occurs because statins block the production of coQ10, which is thought to result in adverse effects such as muscle pain, fatigue and reduced exercise tolerance.

The amount of supplemental coQ10 needed to reverse this deficiency is 100mg. Statins also significantly affect zinc levels and when you consider that people in Australia are commonly deficient in zinc, supplementation with zinc is also recommended.

SUMMER RECIPE FRUIT SKEWERS

Fruit has numerous health benefits and is full of vitamins, minerals, antioxidants and fibre. During the holiday period it is sometimes hard to avoid junk food. Fruit is a great alternative for a sweet tooth and should satisfy any sweet desires. Fruit skewers are a fun, healthy and easy summer snack, which kids will love.

WHAT YOU WILL NEED

Bamboo skewers or paddle pop sticks. You can trim the sharp ends off the skewers if preferred.

Many different types of fruit – try to use a wide variety of fruit as different fruit has different combinations of vitamins and minerals.

FRUIT SUGGESTIONS

Summer is the season for delicious succulent fruit. Here are some suggestions: Nectarines, Strawberries, Mangos, Kiwifruit, Lychees, Banana, Blueberries, Raspberries, Peach, Plums, Apricots, Pineapple, Grapes, Pear, Honeydew, Watermelon, Cherries

METHOD

1. Chop the fruit into 3cm chunks
2. Thread the fruit onto the skewers, alternating the different varieties of fruit. Now enjoy!

Research Corner

KEEPING YOU UP TO DATE WITH THE LATEST SCIENTIFIC RESEARCH IN NATURAL MEDICINE

VITAMIN C MAY REDUCE FRACTURE RISK

Vitamin C is crucial for bone health and integrity. This new research explores how supplementing with vitamin C (ascorbic acid) may help reduce the risk of bone fractures. Conducted over a 17-year period, this study monitored 958 individuals specifically for hip and non-spinal fractures. Three types of vitamin C were used and assessed in the study: vitamin C in the diet, vitamin C supplements and the combination of dietary vitamin C and supplements.

Results showed that participants taking the highest dosages of vitamin C (up to 305mg/day) had half the rate of hip fractures than those who took no supplemental vitamin C. Additionally, most of the participants who suffered fractures during the study period had the lowest intake of vitamin C (an average of 97mg/day).

Overall this study revealed that total and supplemental use of vitamin C but not dietary vitamin C, are associated with a reduced risk for hip and non-spinal fracture. The authors concluded that to help reduce your risk of hip and non-spinal fractures it is essential to supplement with a minimum of 305mg daily – have you had your vitamin C supplement today?

References:

Palkhivala, A., & Lie, D. (2008). Vitamin C Intake May Reduce Fracture Risk. *American Society for Bone and Mineral Research (ASBMR) 30th Annual meeting*, Abstract 1186.



AUSTRALIAN
NATURALCARE
PRODUCTS

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NATURALCARE WELLNESS NEWS

Welcome to the summer edition of the NaturalCare Wellness News. This issue we have summer survival tips, articles on snoring and fibre, as well as our regular features and a great summer recipe for those hot days!

Tell us what you want! If you would like us to cover a particular topic or add to our frequently asked questions, please give us a call on 1300 365 020, send a letter marked "Attention: the Editor" to the address at the bottom of this page, or email us at: myorder@ausnaturalcare.com.au

Summer Holiday Survival Guide

Summer holidays are a chance to put up your feet, relax and enjoy the festivities with family and friends. It's a busy time of year with parties, gift shopping, late nights and often poor diet choices, so here are some tips to care for certain areas of your health that may be feeling the strain.

Emotional health

Stress can be minimised by taking extra time to prepare for stressful holiday events, such as Christmas gift shopping and Christmas dinner with the relatives. Support your body's stress response by supplementing with some key nutrients involved in the production of hormones released by the adrenal glands during times of stress. These include:

B vitamins – try lean meat, fish, grains, leafy green vegetables and nuts and seeds

Vitamin C – rich sources include berries, citrus and green vegetables

Magnesium – found in leafy green vegetables, bananas, tahini and unsalted nuts

Your nervous system is likely to be left feeling frazzled some days, so you can support it with oats, a tonic herb that helps relax and rejuvenate the nervous system, and passion flower, which calms the nervous system during times of stress.

Digestive health

Healthy eating plans can easily blow out when it comes to Christmas and the New Year. More socialising usually means indulging in alcohol and party foods that wouldn't normally be eaten. The result can be weight gain, hangovers and upset digestion. It can also be a time when people travel, either on family road trips or overseas. Here are a few tips to support your digestion:

- ✓ Milk Thistle – supports your digestion and liver, particularly when drinking alcohol and eating fatty, rich foods
- ✓ Chamomile – is very soothing for an upset tummy
- ✓ Alternate alcoholic drinks with filtered water
- ✓ Make smart food choices – choose fruit, cheese on crackers or unsalted nuts over chips, cakes and lollies
- ✓ For car or motion sickness, try ginger or travel sickness wrist bands

Immune health

It is possible to catch a cold in summer, particularly with fans and air-conditioners cooling us down, late nights, stress and poor eating habits. Here are some essential nutrients and herbs for a healthy immune system:

Vitamin C – this water-soluble vitamin needs to be replenished daily as our bodies get rid of what we don't need via the urinary system. Take at the first sign of a cold to reduce the symptoms and severity. Try delicious summer fruits

Vitamin E – remember to replenish your vitamin E levels if swimming in chlorinated pools. Eat lots of leafy green vegetables, wheat germ and unsalted nuts and seeds

Zinc – supports the thymus gland, enhances immune function, is anti-viral and helps fight colds. Eat pumpkin seeds, pecan nuts, turkey and oysters

Echinacea – this immune stimulating herb is antibacterial and helps relieve symptoms of upper respiratory tract infections such as a cold

Garlic – rich in sulphur compounds that have anti-bacterial and anti-viral activity, garlic helps stimulate immune function and fight cold viruses

Skin health

Greater exposure to the sun over summer warrants special care for your skin. Here are some tips:

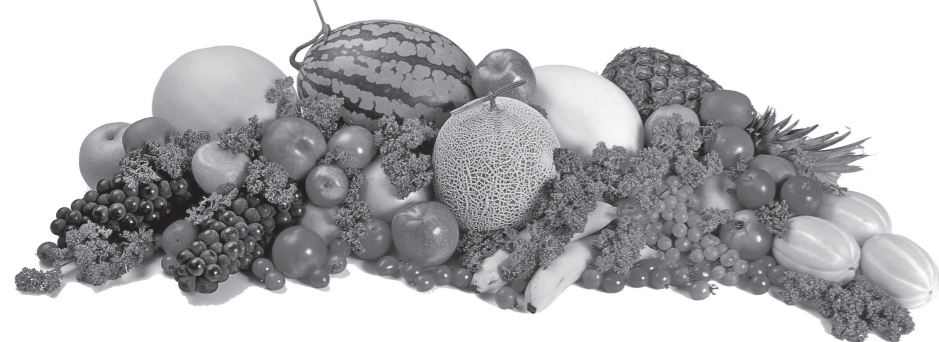
- ★ To avoid sunburn – slip on a shirt, slop on sunscreen and slap on a hat and sunglasses. If sunburnt apply aloe vera gel
- ★ For dry, scaly skin – take essential fatty acids such as flaxseed oil, drink 2 litres of pure filtered water daily and use nourishing body butters
- ★ To minimise insect bites – take vitamin B1 ten weeks before mozzie season, burn citronella candles when outside and use a natural insect repellent
- ★ For prickly heat rash – take vitamin C and flaxseed oil, apply aloe vera gel topically and avoid spicy foods

With a little forward planning and natural products on hand, you can be healthy all summer long. Happy holidays!

SUMMER SURVIVAL GUIDE AT AUSTRALIAN NATURALCARE PRODUCTS:

These beneficial nutrients, herbs and skincare products can be found in: Super B 50 • Executive B Stress-Care • Magnesium Plus • Super C 1000 • Echinacea 2000 Plus Andrographis • Natural Vitamin E • Stomach Care Plus • Liver Care Milk Thistle 10,000mg • Acidophilus + Bifidus • Flaxseed Oil 1000mg • UV Natural SPF30+ Sunscreen • Aloe Wellness Aloe Vera Gel • Herb Valley Insect Repellent

FIBRE



What is fibre?

Fibre is an essential nutrient, which the body needs to function optimally. It is found in the cell walls of plants. Most of it moves through the digestive tract reasonably unchanged, as it isn't digested in the small intestine like other nutrients. Fibre has many names: dietary fibre, bulk, roughage and insoluble or soluble fibre. Irrespective of its name it's really important to eat enough fibre to maintain good health.

Australian diet

The Australian Heart Foundation recommends that adults should consume around 30gms of fibre daily. For a child, just add 5 to their age to get their daily requirement in grams. For example, a 10 year old should have 15gms of fibre daily. Optimally, fibre needs to come from a wide variety of different foods.

Signs and symptoms of low fibre intake

A diet high in fibre is important in the prevention and treatment of a number of diseases. Having a low fibre diet can contribute to many disorders, including:

- ✗ Constipation
- ✗ Haemorrhoids
- ✗ Cardiovascular disease
- ✗ Diverticulitis
- ✗ Diabetes
- ✗ Irritable bowel syndrome
- ✗ Obesity
- ✗ Increase risk of some cancers, especially colon cancer

Benefits of fibre

Fibre is thought to be behind the saying "an apple a day keeps the doctor away". The main role of fibre is to maintain and keep the digestive system healthy. It also has several other significant health benefits.

FIBRE:

- ✓ Helps grow and balance good bacteria in the digestive system
- ✓ Improves bowel function and ensures the removal of waste products and toxins
- ✓ Decreases bowel transit time and helps keep the bowel regular
- ✓ Creates softer bulkier stools, which can prevent haemorrhoids and constipation
- ✓ Can help prevent gallstones and polyps
- ✓ Helps to maintain and balance blood sugar levels
- ✓ May help reduce the risk of some cancers particularly colon cancer
- ✓ Can help to reduce cholesterol levels and reduce the risk of cardiovascular disease
- ✓ Increases satiety

✓ Helps pull dietary fat into the faeces
Fibre rich foods include fruit, vegetables, brown rice, wholegrains, wheat bran, legumes, oats, nuts and seeds, psyllium husks, wholegrain cereals, wholemeal products.

Tips to increase your daily fibre intake

- ★ Try to eat raw fruit and vegetables
- ★ Have more legumes and beans
- ★ Snack on nuts and seeds
- ★ Have more portions of fruit and vegetables daily

Are you feeling tired, sluggish or constipated? How much fibre have you had today?

- ★ Switch to brown rice, wholemeal pasta and bread
- ★ Eat vegetables with the skin on e.g. potatoes and carrots
- ★ Start the day with porridge sprinkled with LSA or a good quality muesli e.g. Bircher
- ★ Instead of having cake or biscuits, have a bran and fruit muffin or oatmeal biscuits. If you're cooking a cake use ¼ cup of oat bran or psyllium instead of flour

Fibre warning

When switching from a low fibre diet to a high fibre diet (or when you start taking a fibre supplement) you need to do it slowly. If you suddenly increase your fibre intake it can cause flatulence, bloating and abdominal pain. Exceeding 40 grams of fibre daily can lead to nutrient deficiencies especially iron, zinc and calcium, as the fibre can decrease the absorption of these minerals. When taking a fibre supplement it is ESSENTIAL that you take it at least 2 hours away from your medications and/or vitamin and mineral supplements as fibre can affect their absorption. When having a lot of fibre or taking a fibre supplement it is absolutely CRUCIAL that you drink at least 2 litres of water daily. If you don't the fibre may cause constipation. The water needs to be pure, this doesn't include the water you drink in tea or coffee, just plain filtered water.

Have you had your fibre today?

The health benefits you receive from increasing your fibre intake are tremendous.

Australian NaturalCare Products Fibre Products

- Fibre Care Plus
- Slippery Elm 400mg

References:

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A Guide To Snoring

Definition

"Snoring is the coarse, fluttering sound of breathing created by the vibrations of the soft palate and other tissue in the mouth, nose and throat during sleep."

What percentage of Australians snore?

Approximately 30-40% of adults snore with fewer than 10% of sufferers seeking treatment. Men are twice as likely to snore as women. 25% of Australians have their sleep disrupted by others in the household that snore. Even children can snore, if they do it is generally due to enlarged tonsils.

How snoring effects daily life

Many of you will be familiar with the 'lovely' sound of the snore. Snoring can have a significant impact on daily life for the snorer but also to others in the household. Snoring can cause:

- ✗ Long term sleep deprivation (which is a known form of torture)
- ✗ Morning fatigue and headaches
- ✗ Excessive daytime drowsiness/fatigue
- ✗ Irritability
- ✗ Lethargy
- ✗ Restless sleep
- ✗ Increased risk of high blood pressure and stroke
- ✗ Neurocognitive dysfunction like anxiety, depression and poor memory

Why doesn't snoring occur during the day?

When we are awake there's a strong blood flow to the body's tissues and organs. This enables the muscles to keep toned and the airway in good shape. When we sleep our airway partially closes due to the muscles in the throat and the soft palate relaxing. This narrows the airway and obstructs the natural airflow making the relaxed airway tissue vibrate, resulting in snoring.

Causes of snoring

Research has shown that there are often numerous causes of snoring. Snoring can be caused by:

Smoking – smoking creates nasal and throat congestion, it increases stomach acid secretion, which can lead to reflux and cause further throat irritation and



congestion. Smoking also relaxes muscles exacerbating snoring.

Alcohol – the traditional nightcap is not such a good idea if there is a snorer involved. Alcohol acts as a depressant in the body. Due to alcohol being absorbed via the blood it travels and distributes throughout the body. Alcohol slows your brain's responses, irritates the nasal cavity and relaxes the body's muscles even more than when you're sleeping.

Being overweight or out of shape – having excess fatty tissue around the neck can put pressure on the throat/airways during sleep. Poor muscle tone can also contribute to snoring.

Being middle aged or older – as you age the muscle tone around your neck declines, the soft palate begins to slacken and your throat begins to narrow.

Incorrect sleeping position, poor pillow
Nasal blockages/deformities – e.g. deviated septum.

Blocked sinuses – milk, dust, allergies, colds and flu all create mucous and congestion, which exacerbates snoring.

Mouth breathing

Taking sleeping tablets – sleeping tablets worsen snoring as they cause a deeper state of relaxation than normal sleeping.

Sleep apnoea – it is extremely important to rule out sleep apnoea as a cause of snoring.

Why is a sound, uninterrupted sleep important?

Sleep is essential for the health of both the body and mind. It's a time for rest, recuperation and replenishment. The quality of our sleep directly relates to the quality of our health.

Tips to address snoring

- ✓ Avoid all alcohol, especially 4 hours before bed
- ✓ Avoid taking sleeping tablets
- ✓ Treat any nasal congestion
- ✓ Quit smoking
- ✓ Address underlying allergies
- ✓ Sleep on your side rather than your back
- ✓ Elevate your head – use multiple pillows, thick pillows or a chiropractic pillow to raise the level of your head
- ✓ Have a regular sleep pattern
- ✓ Treat/control gastric acid reflux
- ✓ Don't consume dairy products before bed as dairy is a mucous forming food which will exacerbate snoring
- ✓ Lose weight, as this will help lighten the neck tissues and help prevent narrowing of the airways

HELPS STOP SNORING

19ml code 8351
Special \$14.95

HELPS STOP SNORING is an all-natural formulation for snorers and their long-suffering partners. Using a combination of 11 essential oils (lavender, lemon, peppermint, eucalyptus and more) just a few sprays of HELPS STOP SNORING may help tone the soft throat tissues to relieve the vibrations that cause snoring.



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